DELIGHTS
FOR
LADIES,
TO
ADORN THEIR
Perſons, Tables, Cloſets,
and *Diſtillatories,*

WITH

Beauties, Banquets, Perfumes,
and *Waters.*

Read, practice, and cenſure.

LONDON,
Printed by *James Young.*
1644.

DELIGHTS
FOR
LADIES,
TO
ADORN THEIR
Persons, Tables, Closets,
and Dressing-Rooms,
WITH
Beautifies, Receipts, Perfumes,
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Read, practice, and censure.

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To all true lovers of Art and Knowledge.

SOmetimes I write the forms of burning bals,
Supplying mants chat were by wood-fals wrought.
Sometimes of ships defended so by Art,
As fire in vain hath their destruction sought.
Sometimes I write of lasting Beverage,
Great Neptune *and his pilgrims to content;*
Sometimes of speedy, sweet, fresh, and durable,
To maintain life when all things else were spent.
Sometimes I write of sundry sorts of style,
Which neither Ceres, *nor her hand-maid knew:*
I write to all; but scarce by one beleeved,
Save Dive & Denisthire, *who have found them true.*
When heavens did mourn in cloudy mantles clad,
And threatned famine to the sons of men:
When sobbing earth deny'd her kindly fruit
To painfull plow-men and his hindes; even then
I writ relieving remedies of death,
That Art might help where Nature made a faile.

But all in vain; these new born babes of Art,
In their untimely birth straightway do quail.
Of these or such like other new-found skils,
With painfull pen I whilom wrote at large;
Expecting still my Countries good therein,
And not respecting labour, time, or charge.
But now, my pen and paper are perfum'd,
I scorn to write with copresse or with gall:
Barbaria's Canes are now become my quils:
Rose water is the inke I write withall.
Of sweets, the sweetest I will now commend,
To sweetest creatures that the earth doth bear:
These are the saints to whom I sacrifice
Preserves and Conserves of the Plum and Pear.
Impaling now adieu all fish, March-pane walls
Are strong enough, and best befit our age.
Let piercing bullets turn to Sugar balls,
The Spanish fear is hush't, and all their rage.
Of Marmelade, and paste of Genua,
Of Musked sugar I intend to write,
Of Leach, of Sucket, and Quidnia,
Affording to each Ladyship delight.
I teach both fruits and flowers to preserve,
And candie them; so Nutmegs, Cloves and Mace:
To make both March-pane paste and sug'red plate,
And cast the same in forms of sweetest grace.
Both bird and fowle so moulded from the life;

And

And after cast in sweet compounds of Art,
As if the flesh and form which nature gave
Did still remain in every limb and part.
When crystall frost hath nipt the tender grape,
And clean consum'd the fruits of every Vine;
Yet here behold the clusters, fresh and faire,
Fed from the branch, or hanging on the line.
The Walnut, small Nut, and the Chesnut sweet,
Whose sug'red kernels lose their pleasant taste,
Are here from yeer to yeer preserved meet,
And made by Art with strongest fruits to last.
The Artichoke, and th' Apple of such strength,
The Quince, Pomegranate, with the Barberry,
No sugar us'd, yet colour, taste, and smell
Are here maintain'd and kept most naturally.
For Ladies Closets, and Distillatories,
Both waters, ointments, and sweet smelling bals,
In easie terms, without affected speech,
Here present most ready at their cals.
And lest with carefull pen I should omit,
The wrongs that nature on their persons wrought
Or parching Phebus with his looser rayes,
For these likewise relieving means I sought.
No idle thoughts or vain surmised skill,
By fancie fram'd within a theorick brain,
My Muse presents unto your sacred ears;
To win your favours falsly I disdain.

From painfull practice, from experience,
I sound, though costly, mysteries derive:
With fiery flames in scorching Vulcan's forge,
To teach and find each Secret I do strive.
Accept them well, and let my wearied Muse
Repose her selfe in Ladies laps a while:
So, when she wakes, she haply may record
Her sweetest dreams in some more pleasing stile.

H. PLAT.

GOod Reader, for the understanding of this Table, know, that a, b, c, d, do give directions unto the four severall Parts or Treatises of this Book: (a) for the first, the rest in their order.

THE TABLE.

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Wigen to boile c.6
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Y

YTchelped. d.25

FINIS.

The Art of Preserving, Conserving, Candying, &c.

1. *How to preserve Eringo roots, Anula Campana, and so of others in the same manner.*

Seethe them till they be tender; then take away the pithe of them, and leave them in a colander, till they have dropped as much as they will; then having a thinne syrup ready, put them, being cold, into the syrup being also cold, and let them stand so three dayes, then boyle the syrup (adding some more fresh syrup to it, to supply that which the roots have drunk up) a little higher, and at three dayes end, boile the syrup againe without any new addition, unto the full height of a preserving syrup, and put in your rootes, and so keep them. Rootes

preserved

preserved in this manner, will eat very tender, because they never boiled in the syrup.

2. *How to make Muske-Sugar of common Sugar.*

BRuise four or six grains of Musk, place them in a piece of Sarcenet, fine Lawne or Cambrick doubled: lay this in the bottome of a gally-pot, strewing your Sugar thereon: stop your pot close, and all the Sugar in a few dayes will both smell and taste of Musk; and you may lay more Sugar thereon, when you have spent that Sugar, which will also receive the like impression. Such Musk-sugar is sold for two shillings the pound.

3. *How to dry Rose leaves in a most excellent manner.*

WHen you have newly taken out your bread, then put in

in your Roses in a sieve, first clipping away the whites, that they may be all of one colour: lay them about one inch in thickneſſe in the sieve; and when they have stood halfe an houre or thereabout, they will grow whitish on the top; let them yet remaine without stirring, till the uppermoſt of them be fully dryed: then stirre them together, and leave them about one other halfe houre; and if you finde them dry in the top, stirre them together againe, and so continue this work untill they be thorowly dryed: then put them, hot as they are, into an earthen pot, having a narrow mouth, and being well leaded within, (the Refiners of gold and silver call these pots Hookers) stop it with corke and wet parchment, or with wax and rosin mixed together; and hang your pot in a chimney, or neere a continuall fire, and so they will keep exceeding faire in colour, and moſt delicate in sent. And if

you fear their relenting, take the Rose leaves about Candlemas; and put them once again into a sieve, stirring them up and down often till they be drie; and then put them up again hot into your pot.

Note, that you must set up your oven-lid, but not lute it about when you set in your Rose leaves, either the first or second time. *Post, numero 6.*

4. *A most excellent syrup of Violets; both in taste and tincture.*

EXpresse the juice of clipt Violets, and to three parts of juice take one fourth part of conduit water, put the same into an Alablaster mortar, with the leaves which you have stamped, and wring the same out thorow a cloth, as you did at the first, into the other juice: put thereto a sufficient proportion of the finest su-

gar

gar, and brought also into a most fine powder: let the same stand ten or twelve houres in a clean glased earthen pan: then drain away the cleerest, and put it into a glasse, and put thereto a few drops of the juice of Limons, and it will become cleere, transparent, and of the violet colour. Then you may expresse more juice into the sugar, which will settle in the bottome with some of the thickest part of the juice: and beating the same upon a gentle fire, it will also become a good syrup of violets, but not comparable to the first. By this manner of work you gaine one quarter of syrup more then divers Apothecaries doe.

5. *A singular manner of making the syrup of Roses.*

FIll a silver bason three quarters full of rain water or Rose water; put therein a convenient proportion

of Roſe leaves: cover the baſon, and ſet it upon a pot of hot water (as wee uſually bake a cuſtard: in three quarters of an houre, or one whole houre at the moſt, you ſhall purchaſe the whole ſtrength and tincture of the Roſe: then take out thoſe leaves, wringing out all their liquor gently, and ſteep more freſh leaves in the ſame water: continue this iteration ſeven times, and then make it up in a ſyrup: and this ſyrup worketh more kindly then that which is made meerly of the juice of the Roſe. You may make ſundry other ſyrups in this manner. *Quære* of hanging a pewter head over the baſon, if the aſcending water will be worth the keeping.

6. *Another way for the drying of Roſe leaves.*

DRy them in the heat of an hot ſunny day upon a Leads, turning them

them up and downe till they be dry, (as they doe hay) then put them up into glaſſes well ſtopt and luted, keeping your glaſſes in warm places; and thus you may keep all flowers: but herbs after they are dryed in this manner, are beſt kept in paper bags, placing the bags in cloſe cupboards.

7. *How to preſerve whole Roſes, Gilliflowers, Marigolds, &c.*

DIp a Roſe that is neither in the bud, nor over-blown, in a ſyrup conſiſting of ſugar double refined, & Roſe water boiled to his full height; then open the leaves, one by one, with a fine ſmooth bodkin, either of bone or wood; and preſently, if it be a hot ſunny day, and whileſt the Sun is in ſome good height, lay them on papers in the Sun, or elſe dry them with ſome gentle heat in

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a close room, heating the room before you set them in, or in an oven upon papers, in pewter dishes: and then put them up in glasses, and keep them in dry cupboards neer the fire: you must take out the seeds, if you mean to eat them. You may prove this, preserving with sugar-candy in stead of sugar, if you please.

8. *The most kindely way to preserve Plums, Cherries, Goose-berries, &c.*

YOu must first purchase some reasonable quantity of their owne juice, with a gentle heat upon embers, in pewter dishes, dividing the juice still as it cometh in the flowing: then boile each fruit in his own juice, with a convenient proportion of the best refined sugar.

9. How

9. *How to candy Rosemary flowers, Rose leaves, Roses, Marigolds, &c. with preservation of colour.*

Dissolve refined or double refined sugar, or sugar-candy it self, in a little Rose-water: boil it to a reasonable height: put in your roots or flowers when your syrup is either fully cold, or almost cold; let them rest therein till the syrup have pierced them sufficiently: then take out your flowers with a skimmer, suffering the loose syrup to run from them so long as it will: boil that syrup a little more, and put in more flowers, as before; divide them also: then boile all the syrup which remaineth, and is not drunk up in the flowers, to the height of *Manus Christi*, putting in more sugar, if you see cause, but no more Rose water; put your flowers therein when your syrup is cold, or almost cold, and let them stand till they candie.

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10. *A moſt delicate and ſtiffe ſugar-paſte, whereof to caſt Rabbets, Pigeons, or any other little bird or beaſt, either from the life, or carved moulds.*

FIrſt, diſſolve Iſinglaſſe in fair water, or with ſome Roſe water in the latter end: then beat blanched Almonds, as you would for Marchpane ſtuffe, and draw the ſame with cream and Roſe water (milk will ſerve, but cream is more delicate): then put therein ſome powdered ſugar; into which you may diſſolve your Iſinglaſſe, being firſt made into gelly, in fair warm water (note, the more Iſinglaſſe you put therein, the ſtiffer your work will prove): then having your Rabbets, Woodcocks, &c. moulded either in plaiſter from life, or elſe carved in wood (firſt anointing your wooden moulds with oyle of ſweet Almonds, and your plaiſter or ſtone moulds with barrowes greaſe) poure your ſugar paſte thereon.

A quart of cream, a quartern of Almonds, two ounces of Iſinglaſſe, and four or ſix ounces of ſugar is a reaſonable good proportion for this ſtuffe. *Quære* of moulding your birds, rabbets, &c. in the compound wax, mentioned in my *Jewell houſe*, in the title of the *Art of moulding and caſting*, page 60. for ſo your moulds will laſt long.

You may dredge over your fowle with crums of bread, Cinamon and ſugar boiled together, and ſo they will ſeeme as if they were roaſted and breaded. Leach and gelly may be caſt in this manner.

This paſte you may alſo drive with a fine rowling pin, as ſmooth and as thin as you pleaſe: it laſteth not long, and therefore it muſt be eaten within a few dayes after the making thereof. By this means a banquet may be preſented in the form of a ſupper, being a very rare and ſtrange device.

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11. *To candy Marigolds, Roſes, Borrage, or Roſemary flowers.*

BOil ſugar and Roſe water a little upon a chafing-diſh with coals: then put the flowers (being thorowly dried, either by the Sun, or on the fire) into the ſugar, and boil them a little: then ſtrew the powder of double refined ſugar upon them, and turne them, and let them boil a little longer, taking the diſh from the fire: then ſtrew more powdered ſugar on the contrary ſide of the flowers. Theſe will dry of themſelves in two or three houres in a hot ſunny day, though they lie not in the Sun.

12. *To make an excellent Marchpane paſte to print off in moulds for banquetting diſhes.*

TAke to every Jordan Almond blanched, three ſpoonfuls of the

the whiteſt refined ſugar you can get: ſearce your ſugar; and now and then, as you ſee cauſe, put in two or three drops of Damask Roſe water, beat the ſame in a ſmooth ſtone mortar, with great labour, untill you have brought it into a dry ſtiffe paſte: one quarterne of ſugar is ſufficient to work at once.

Make your paſte in little bals, every ball containing ſo much by eſtimation as will cover your mould or print: then rowle the ſame with a rowling pin upon a ſheet of clean paper, without ſtrewing any powdered ſugar either upon your paſte or paper.

There is a Countrey Gentle-woman, whom I could name, which venteth great ſtore of Sugar-cakes made of this compoſition. But the only fault which I find in this paſte, is, that it taſteth too much of the ſugar, and too little of the Almonds: and therefore you may prove the making thereof by ſuch Almonds

which have had ſome part of their oyle taken from them by expreſſion, before you incorporate them with the ſugar, and ſo haply you may mix a greater quantity of them with the ſugar, becauſe they are not ſo oyly as the other.

You may mix Cinamon or Ginger in your paſte, and that will both grace the taſte, and alter the colour; but the ſpice muſt paſſe thorow a faire ſearce: you may ſteep your Almonds in cold water all night, and ſo blanch them cold: and being blanched, dry them in a ſieve over the fire. Here the garble of Almonds will make a cheap paſte.

13. *The making of ſugar plate, and caſting thereof in carved moulds.*

TAke one pound of the whiteſt refined or double refined ſugar, if you can get it: put thereto three ounces (ſome Comfit-makers put

put ſix ounces for more gaine) of the beſt ſtarch you can buy; and if you dry the ſugar after it is powdered, it will the ſooner paſſe thorow your Lawne Searce. Then ſearce it, and lay the ſame on a heap in the midſt of a ſheete of cleane paper: in the middle of which maſſe put a pretty lump of the bigneſſe of a Walnut of Gum Dragagant, firſt ſteeped in Roſe water one night: a porrenger full of Roſe water is ſufficient to diſſolve an ounce of Gum (which muſt firſt be well picked, leaving out the droſſe:) remember to ſtraine the Gum thorow a canvas: then, having mixed ſome of the white of an egge with your ſtrained Gum, temper it with the ſugar betwixt your fingers by little and little, till you have wrought up all the ſugar and the Gumme together into a ſtiffe paſte; and in the tempering, let there be alwayes ſome of the ſugar between your fingers and the Gumme: then duſt your

your wooden moulds a little with ſome of that powdered ſugar thorow a piece of Lawne, or fine linnen cloth: and having driven out with your rowling pin a ſufficient portion of your paſte to a convenient thickneſſe, cover your mould therewith, preſſing the ſame downe into every hollow part of your mould with your fingers: and when it hath taken the whole impreſſion, knock the mould on the edge againſt a table, and the paſte will iſſue forth with the impreſſion of the mould upon it: or, if the mould be deep cut, you may put the point of your knife gently into the deepeſt parts here and there, lifting up by little and little the paſte out of the mould.

And if in the making of this paſte you happen to put in too much gum, you may put more ſugar thereto; and if two much ſugar, then more gum: you muſt alſo work this paſte into your moulds as ſpeedily as you can

can after it is once made, and before it harden: and if it grow ſo hard that it crack, mixe more gum therewith: cut away with your knife from the edges of your paſte, all thoſe pieces which have no part of the worke upon them, and worke them up with the paſte which remaineth: and if you will make ſawcers, diſhes, bowles, &c. then (having firſt driven your paſte upon paper, firſt duſted over with ſugar, to a convenient largeneſſe and thickneſſe) put the paſtes into ſome ſawcer, diſh, or bowle of a good faſhion, and with your finger preſſe it gently downe to the inſides thereof, till it reſemble the ſhape of the diſh; then pare away the edges with a knife even with the skirt of your diſh or ſawcer, and ſet it againſt the fire, till it be drie on the inſide: then with a knife get it out, as they uſe to do a diſh of butter, and dry the back-ſide: then gild it on the edge with the white of an egge laid round about

about the brim of the diſh with a pencill, and preſſe the gold downe with ſome cotten; and when it is dry, skew or bruſh off the gold with the foot of an Hare or Cony. And if you would have your paſte exceeding ſmooth, as to make cards, and ſuch like conceits thereof, then roul your paſte upon a ſlicked paper with a ſmooth and poliſhed rowling-pin.

14. *A way to make Sugar-plate both of colour and taſte of any flower.*

TAke Violets, and beat them in a mortar with a little hard ſugar, then put into it a ſufficient quantity of Roſe water: then lay your gum in ſteep in the water, and ſo work it into paſte, and ſo will your paſte be both of the colour of the Violet, and of the ſmell of the Violet. In like ſort may you work with Marigolds, Cowſlips, Primroſes, Bugloſſe, or any other flower.

15. *To*

15. *To make paſte of Novie.*

TAke a quarter of a pound of Valentian Almonds, otherwiſe called the ſmall Almonds, or Barbary Almonds, and beat them in a mortar till they come to paſte: then take ſtale manchet being grated, and dry it before the fire in a diſh: then ſift it: then beat it with your Almonds: put, in the beating of it, a little Cinamon, Ginger, and the juice of a Limon, and when it is beaten to perfect paſte, print it with your moulds, and ſo dry it in an oven after you have drawne your bread: this paſte will laſt all the yeer.

16. *To make Jumbols.*

TAke halfe a pound of Almonds, being beaten to paſte, with a ſhort cake being grated, and two egs, two ounces of carroway-ſeeds, being beaten

beaten, and the juice of a Limon: and being brought into paſte, roule it into round ſtrings: then caſt it into knots, and ſo bake it in an oven: and when they are baked, yce them with Roſe water and ſugar, and the white of an egge being beaten together, then take a feather and gild them, then put them againe into the oven, and let them ſtand in a little while, and they will be yced clean over with a white yce: and ſo box them up, and you may keep them all the yeer.

17. *To make a paſte to keep you moiſt, if you liſt not to drink oft; which Ladies uſe to carry with them when they ride abroad.*

TAke halfe a pound of Damaske Prunes, and a quartern of Dates: ſtone them both, and beat them in a mortar with one Warden being roaſted, or elſe a ſlice of old Marmelade;

lade; and so print it in your moulds, and dry it after you have drawne bread: put Ginger unto it, and you may serve it in a banquet.

18. *To make a Marchpane.*

TAke two pound of Almonds, being blanched and dryed in a sieve over the fire: beat them in a stone mortar; and when they be small, mixe them with two pound of Sugar being finely beaten, adding two or three spoonfuls of Rose water, and that will keep your Almonds from oyling. When your paste is beaten fine, drive it thin with a rowling pin, and so lay it in a bottom of wafers: then raise up a little edge on the side, and so bake it: then yce it with Rose water and sugar: then put it into the oven again; and when you see your yce is risen up and dry, then take it out of the oven, and garnish it with

with pretty conceits, as birds and beaſts, being caſt out of ſtanding moulds. Stick long Comfits upright in it: caſt biskets and carrowayes in it, and ſo ſerve it: gild it before you ſerve it: you may alſo print off this Marchpane paſte in your moulds for banquetting diſhes: and of this paſte our Comfit-makers at this day make their letters, knots, marks, Eſcutcheons, beaſts, birds, and other fancies.

19. *To make biſket-bread, otherwiſe called French biſket.*

TAke halfe a peck of fine flower, two ounces of Coriander-ſeeds, one ounce of Anniſ-ſeeds, the whites of four egs, halfe a pint of Ale-yeſt, and as much water as will make it up into ſtiffe paſte; your water muſt be but bloud warm: then bake it in a long roule as big as your thigh: let it ſtay in the oven but one houre, and when it is a day old, pare it, and ſlice it

it owerthwart : then ſugar it over with fine powdered ſugar, and ſo dry it in an oven again : and being dry, take it out, and ſugar it again : then box it, and ſo you may keep it all the yeer.

20. *To make Prince biſket.*

TAke one pound of very fine flower, and one pound of fine ſugar, and eight egs, and two ſpoonfuls of Roſe water, and one ounce of Carroway-ſeeds, and beat it all to batter one whole hour ; for the more you beat it, the better your bread is : then bake it in coffins of white plate, being baſted with a little butter before you put in your batter, and ſo keep it.

21. *To make another kinde of biſket called biſkettello.*

TAke halfe an ounce of Gum dragagant, diſſolved in Roſe water

Rose water with the juice of a Limon, and two grains of Musk: then strain it thorow a fair linnen cloth, with the white of an egge: then take halfe a pound of fine sugar being beaten, and one ounce of Carroway-seeds, being also beaten and searced: and then beat them all together in a mortar till they come to paste; then roule them up in small loaves about the bignesse of a small egge: put under the bottome of every one a piece of a wafer, and so bake them in an oven upon a sheet of paper; cut them on the sides as you doe a manchet, and prick them in the middest: when you break them up, they will be hollow and full of eyes.

22. *To make Ginger-bread.*

TAke three stale manchets, and grate them: dry them and sift them thorow a fine sieve: then adde unto

unto them one ounce of Ginger, being beaten, and as much Cinamon, one ounce of Liquorice and Annis-seeds, being beaten together, and searced, halfe a pound of sugar: then boile all these together in a posnet, with a quart of claret wine, till they come to a stiffe paste, with often stirring of it, and when it is stiffe, mould it on a table, and so drive it thinne, and put it in your mould: dust your moulds with Cinamon, Ginger, and Liquorice, being mixed together in fine powder. This is your Ginger-bread used at the Court, and in all Gentle-mens houses at festivall times. It is otherwise called dry Leach.

23. *To make dry Ginger-bread.*

TAke halfe a pound of Almonds, and as much grated cake, and a pound of fine sugar, and the yolks of two new laid egges, the juice of a Limon

Limon, and two grains of Muske; beat all theſe together till they come to a paſte: then print it with your moulds: and ſo dry it upon papers in an oven after your bread is drawn.

24. *To make puffe-paſte.*

TAke a quart of the fineſt flower, and the whites of three egs, and the yolks of two, and a little cold water, and ſo make it into perfect paſte: then drive it with a rowling pin abroad: then put on ſmall pieces of butter, as big as nuts, upon it: then fold it over; then drive it abroad again; then put ſmall pieces of butter upon it as you did before; do this ten times, alwayes folding the paſte, and putting butter between every fold. You may convey any pretty forced diſh, as Florentine, Cherry-tart, Rice, or Pippins, &c. between two ſheets of that paſte.

25. *To make paſte ſhort without butter.*

TAke a quart of fine flower, and put it into a pipkin, and bake it in an oven when you bake Manchet; then take the yolks of two or three egs, and a pint of cream, and make paſte; put into it two ounces of ſugar being finely beaten, and ſo you ſhall make your paſte ſhort without butter or ſuet. In like ſort, when you make Sugar-cakes, bake your flower firſt.

26. *To make cryſtall gelly.*

TAke a knockle of Veale, and two Calves feet (your Calves feet being flayed and ſcalded) and boile them in faire ſpring water; and when they are boyled, ready to eat, you may ſave your fleſh, and not boile it to pieces; for if you doe ſo, the gelly will look thick: then take a quart of the cleereſt of

of the ſame broth, and put it into a poſnet, adding thereunto Ginger, white Pepper, ſix whole Cloves, one Nutmeg quartered, one graine of Muske; put all theſe whole ſpices in a little bag, and boile them in your gelly; ſeaſon it with foure ounces of ſugar-candy, and three ſpoonfuls of Roſe water; ſo let it run thorow your gelly-bag; and if you mean to have it look of an amber colour, bruiſe your ſpices, and let them boile in your gelly looſe.

27. *To make Leach of Almonds.*

TAke halfe a pound of ſweet Almonds, and beat them in a mortar; then ſtrain them with a pint of ſweet milk from the cow; then put to it one grain of muſk, two ſpoonfuls of Roſe water, two ounces of fine ſugar, the weight of three whole ſhillings of Iſinglaſſe that is very white,

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and ſo boile them : then let all run thorow a ſtrainer, then you may ſlice the ſame, and ſo ſerve it.

28. *To make Quidinia of Quinces.*

TAke the kernels out of eight great Quinces, and boile them in a quart of ſpring water till it come to a pint; then put into it a quarter of a pint of Roſe water, and one pound of fine ſugar, and ſo let it boile till you ſee it come to be of a deep colour; then take a drop, and drop it on the bottome of a ſawcer, and if it ſtand, take it off; then let it run thorow a gelly-bagge into a baſon : then ſet on your baſon upon a chafing-diſh of coales to keepe it warme; then take a ſpoon, and fill your boxes as full as you pleaſe, and when they be cold, cover them : and if you pleaſe to print it in moulds, you muſt have moulds made to the bigneſſe of your box, and wet your moulds with Roſe water, and ſo let

it run into your mould; and when it is cold, turn it off into your boxes. If you wet your moulds with water, your gelly will fall out of them.

29. *To make gelly of Straw-berries, Mul-berries, Raſpiſ-berries, or any ſuch tender fruit.*

TAke your berries, and grind them in an Alablaſter Mortar with foure ounces of Sugar, and a quarter of a pint of faire water, and as much Roſe water; and ſo boile it in a poſnet with a little piece of Iſinglaſſe, and let it run thorow a fine cloth into your boxes, and ſo you may keep it all the yeer.

30. *To make paſte of Genua of Quinces.*

TAke Quinces, and pare them, and cut them in ſlices, and bake them

them in an oven dry in an earthen pot, without any other juice then their own: then take one pound thereof, strain it, and put it into a stone mortar with halfe a pound of Sugar; and when you have beaten it up to paste, print it in your moulds, and dry it three or foure times in an oven after you have drawn bread: and when it is thorowly dry and hardened, you may box it, and it will keep all the yeer.

31. *To make Marmelade of Quinces. or Damsons.*

WHen you have boiled your Quinces or Damsons sufficiently, strain them; then dry the pulp in a pan on the fire, and when you see there is no water in it, but that it beginneth to be stiffe, then mix two pound of Sugar with three pound of pulp: This Marmelade will be white Marmelade. And if you desire to have it looke with

an high colour: put your Sugar and pulp together ſo ſoon as your pulp is drawn, and let them both boil together, and ſo it will look of the colour of ordinary Marmelade, like unto a ſtewed Warden; but if you drie your pulp firſt, it will look white, and take leſſe ſugar: you ſhall know when it is thick enough by putting a little into a ſawcer, letting it coole before you box it.

32. *To make ſucket of Lettuce ſtalkes.*

TAke Lettuce ſtalkes, and pill away the out-ſides; then parboil them in faire water; then let them ſtand all night dry, then take halfe a pint of the ſame liquor, and a quarter of a pint of Roſe water, and ſo boile it to ſyrup; and when your ſyrup is betwixt hot and cold, put in your aforeſaid roots, and let them ſtand all night in your ſyrup to make them take ſugar, and then the next day your

ſyrup will be weake again: then boil it again, and take out your roots. In the like ſort you may keep Orenge pils, or green Walnuts, or any thing that hath the bitterneſſe firſt taken from it by boiling in water.

33. *To candie Nutmegs, or Ginger with an hard rock candy.*

TAke one pound of fine ſugar, and eight ſpoonfuls of Roſe water, and the weight of ſix pence of Gumme Arabique that is cleere, boile them together to ſuch an height, as that dropping ſome thereof out of a ſpoone, the ſyrup do rope and run into the ſmallneſſe of an haire: then put it into an earthen pipkin, wherein place your Nutmegs, Ginger, or ſuch like: then ſtop it cloſe with a ſawcer, and lute it well with clay, that no aire may enter: then keep it in an hot place three weeks, and it will candy hard.

You muſt break your pot with an hammer, for otherwiſe you cannot get out your candie. You may alſo candie Orenges or Limons in like ſort, if you pleaſe.

34. *To preſerve Orenges after the Portugall faſhion.*

TAke Orenges, and coar them on the ſide, and lay them in water; then boil them in fair water till they be tender; ſhift them in the boiling to take away their bitterneſſe, then take ſugar, and boil it to the height of ſyrup, as much as will cover them, and ſo put your Orenges into it, and that will make them take ſugar. If you have 24. Orenges, beat eight of them till they come to paſte, with a pound of fine ſugar; then fill every one of the other Orenges with the ſame, and ſo boile them again in your ſyrup: then there will be Marmelade of Orenges within your Orenges, and it will cut like an hard egge.

35. *To*

35. *To candy Orenge pils.*

TAke your Orenge pils after they be preserved ; then take fine sugar and Rose water, and boil it to the height of *Manus Christi* ; then draw thorow your surgar, then lay them on the bottome of a sieve, and dry them in an oven after you have drawne bread, and they will be candied.

36. *To preserve Cowcumbers all the yeer.*

YOu may take a gallon of faire water, and a pottle of verjuice, and a pint of bay salt, and an handfull of green Fennel or Dill : boil it a little, and when it is cold, put it into a barrell, and then put your Cowcumbers into that pickle, and you shall keep them all the yeer.

37. *To preſerve Broom capers all the yeer.*

BOile a quart of verjuice, and an handfull of bay ſalt, and therein you may keep them all the yeer.

38. *To colour ſugar-plate with ſeverall colours.*

YOu may mix Roſes with your fine ſearced ſugar untill the colour pleaſe you, and ſo ſhall you have a faire murrey colour. Sap-greene muſt be tempered in a little Roſe water, having ſome Gum firſt diſſolved therein, and ſo lay it on with a pen-fill upon your paſte in apt places: With Saffron you may make a yellow colour in the like manner, firſt drying and powdering your Saffron; and after it hath coloured the Roſe water ſufficiently, by ſtraining it thorow fine linnen. The powder of Cinamon maketh a Walnut colour, and

and Ginger and Cinamon together a lighter colour.

39. *To make Trosses for the sea.*

FIrst make paste of sugar and Gum dragagant mixed together, then mixe therewith a reasonable quantity of the powder of Cinamon and Ginger; and if you please, a little Muske also, and make it up into roules of severall fashions, gilding them here and there. In the same manner you may also convey any purgative, vomit, or other medicine into sugar paste.

40. *To make paste of Violets, Roses, Marigolds, Cowslips, or Liquorice.*

SHred, or rather powder the drie leaves of your flower, putting thereunto some fine powder of Ginger and Cinamon, and a little Muske, if you please, mixe them all

confuſedly together: then diſſolve ſome ſugar in Roſe water, and being boiled a little, put ſome Saffron therein if you work upon Marigolds; or elſe you may leave out your Saffron: boile it on the fire unto a ſufficient height. You muſt alſo mixe therewith the pap of a roaſted apple, being firſt well dryed in a diſh over a chafing-diſh of coales; then powre it upon a trencher, being firſt ſprinkled over with Roſe water, and with a knife work the paſte together. Then break ſome Sugar-candie ſmall, but not to powder, and with Gumme Dragagant faſten it here and there, to make it ſeem as if it were Roch candied: cut the paſte into pieces of what faſhion you liſt, with a knife firſt wet in Roſe water. In Liquorice paſte you muſt leave out the pap of the pippin, and then work your paſte into dry roules. Remember to ſearce the Liquorice thorow a fine ſearce. Theſe roules

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are very good againſt any cough or cold.

41. *To make Marmelade of Limons or Orenges.*

TAke ten Limons or Orenges, and boile them with halfe a dozen pippins, and ſo draw them thorow a ſtrainer: then take ſo much ſugar as the pulp doth weigh, and boile it as you do Marmelade of Quinces, and then box it up.

42. *How to candie Nutmegs, Ginger, Mace, and flowers in half a day, with hard or roch candy.*

LAy your Nutmegs in ſteepe in common lee made with ordinary aſhes, twenty four hours; take them out, and boile them in faire water till they be tender, and ſo take out the lee: then dry them, and make a ſyrup of double refined ſugar, and a little Roſe water, to the height

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of a *Manus Chriſti:* place this ſyrup in a gentle balneo, or ſome ſmall heat, putting your Nutmegs into the ſyrup. Note, that you muſt skum the ſugar as it caſteth any skum, before you put in your Nutmegs; then having ſugar-candie firſt bruiſed groſſely, and ſearced thorow colanders of ſeverall bigneſſe, take the ſmalleſt thereof, and roule your Nutmegs up and down therein, either in a diſh or upon clean paper: then ſtove your Nutmegs in a cupboard with a chafing-diſh of coales, which muſt be made hot of purpoſe, before you ſet them in: and when they are drie enough, dip them againe in freſh ſyrup boiled to his height, as before, and roule them in the groſſer ſugar-candie, and then ſtove them again till they be hard, and ſo the third time, if you will increaſe their candie. Note, that you muſt ſpend all the ſugar which you diſſolve at one time with candying of one thing or other therein

therein preſently. The ſtronger that your lee is, the better; and the Nutmeg, Ginger, &c. would lie in ſteep in the lee ten or twelve dayes, and after in the ſyrup of ſugar in a ſtove or cupboard, with a chafing-diſh and coales one whole weeke, and then you may candie them ſuddenly, as before. Flowers and fruits are done preſently, without any ſuch ſteeping or ſtoving, as before: onely they muſt be put into the ſtove after they are coated, with your powdered ſugar-candy. And thoſe flowers of fruits, as they are ſuddenly done, ſo they will not laſt above two or three dayes faire: and therefore onely to be prepared for ſome ſet banquet.

34. *Caſting of ſugar in party moulds of wood.*

LAy your moulds in faire water three or foure houres before you

you caſt, then dry up your inward moiſture with a cloth of linnen, then boile Roſe water and refined ſugar together, but not to any great ſtiffeneſſe; then poure it into your moulds; let your moulds ſtand one houre, and then gently part or open the moulds, and take out that which you have caſt. You may alſo work the paſte, *ſicut ante numero* 12,13. into theſe moulds, firſt printing or preſſing gently a little of the paſte into the one halfe, and after with a knife, taking away the ſuperfluous edges, and ſo likewiſe of the other halfe: then preſſe both ſides of the mould together two or three times, and after take away the creſt that will ariſe in the midſt. And to make the ſides to cleave together, you may touch them firſt over with Gum dragagant diſſolved, before you preſſe the ſides of the mould together. Note, that you may convey Comfits within, before you cloſe the ſides. You may caſt off any of theſe mixtures or paſtes

pastes in Alablaster moulds, moulded from the life.

44. *To mould off a Limon, Orenge, Pear, Nut, &c. and after to cast it hollow within of sugar.*

FIll a wooden platter half full of sand, then presse downe a Limon, Peare, &c. therein, to the just halfe thereof: then temper some burnt Alablaster with faire water, in a stone or copper dish of the bignesse of a great silver boule, and cast this pap into your sand, and from thence clap it upon the Limon, Peare, &c. pressing the pap close unto it. Then after a while take out this halfe part with the Limon in it, and pare it even in the insides, as neer as you can, to make it resemble the just halfe of your Limon, then make two or three little holes in the half (viz. in the edges thereof) laying it down in the sand again, and so cast

caſt another halfe unto it, then cut off a piece of the top of both your partie moulds, and caſt thereto another cap, in like manner as you did before. Keep theſe three parts bound together with tape, till you have cauſe to uſe them: and before you caſt, lay them alwayes in water, and dry up the water again before you poure in the ſugar. Colour your Limon with a little Saffron ſteeped in Roſe water. Uſe your ſugar in this manner: Boile refined, or rather double refined ſugar and Roſe water to his full height, *viz.* till by powring ſome out of a ſpoone, it will run at the laſt as fine as an haire: then taking off the cap of your mould, poure the ſame therein, filling up the mould above the hole, and preſently clap on the cap, and preſſe it downe upon the ſugar, then ſwing it up and downe in your hand, turning it round, and bringing the neather part ſometimes to be the upper part in the turning; and *è converſo*. This

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is the manner of using an Orenge, Limon, or other round mould: but if it be long, as a Pigs foot will be, being moulded, then roule it, and turne it up and downe long wayes in the aire.

45. *How to keepe the dry pulp of Cherries, Prunes, Damsons, &c. all the yeere.*

YOu may take of those kinde of Cherries that are sharp in taste, (*Quære* if the common black and red Cherry will not also serve, having in the end of the decoction a little oyle of Vitriol, or Sulphur, or some verjuice of sowre grapes, or juice of Limons mixed therewith, to give a sufficient tartnesse:) pull off their stalkes, and boil them by themselves, without the addition of any liquor, in a caldron or pipkin; and when they begin once to boile in their owne

owne juice, ſtir them hard at the bottom with a ſpattle, leſt they burn to the pans bottom. They have boiled ſufficiently when they have caſt off all their skins, and that the pulp and ſubſtance of the Cherries is grown to a thick pap: then take it from the fire, and let it cool; then divide the ſtones and skins by paſſing the pulp only thorow the bottom of a ſtrainer reverſed, as they uſe in *Caſſia fiſtula*; then take this pulp and ſpread it thin upon glazed ſtones or diſhes, and ſo let it drie in the Sun, or elſe in an oven preſently after you have drawn your bread: then looſe it from the ſtone or diſh, and keep it to provoke the appetite, and to cool the ſtomack in Fevers, and all other hot diſeaſes. Prove the ſame in all manner of fruit. If you fear aduſtion in this work, you may finiſh it in hot balneo.

46. *How*

46. *How to dry all manner of Plums or Cherries in the Sun.*

IF it be a small fruit, you must dry them whole, by laying them abroad in the hot Sun, in stone or pewter dishes, on iron or brasse pans, turning them as you shall see cause. But if the Plum be of any largeness, slit each Plum on the one side, from the top to the bottome; and then lay them abroad in the Sun: but if they be of the biggest sort, then give every Plum a slit on each side; and if the Sun doe not shine sufficiently during the practice, then dry them in an oven that is temperately warme.

47. *How to keepe Apples, Peares, Quinces, Pardons, &c. all the yeere drie.*

PAre them, take out the coare, and slice them in thin slices, laying

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laying them to dry in the Sunne in ſome ſtone or metalline diſhes, or upon a high frame covered with courſe canvas, now and then turning them; and ſo they will keepe all the yeer.

48. *To make greene Ginger upon ſyrup.*

TAke Ginger one pound, pare it cleane, ſteep it in red wine and vinegar equally mixed, let it ſtand ſo twelve dayes in a cloſe veſſell, and every day once or twice ſtirre it up and downe: then take of wine one gallon, and of vinegar a pottle; ſeethe all together to the conſumption of a moity or halfe: then take a pottle of cleane clarified honey, or more, and put thereunto, and let them boil well together: then take halfe an ounce of Saffron finely beaten, and put it thereto, with ſome ſugar, if you pleaſe.

49. *To make ſucket of green Walnuts.*

TAke Walnuts when they are no bigger then the largeſt haſell nut: pare away the uppermoſt green, but not too deep; then ſeethe them in a pottle of water till the water be ſodden away: then take ſo much more of freſh water; and when it is ſodden to the half, put thereto a quart of vinegar, and a pottle of clarified honey.

50. *To make conſerve of Prunes or Damſons.*

TAke ripe Damſons, put them into ſcalding water, let them ſtand a while, then boile them over the fire till they break, then ſtraine out the water thorow a colander, and let them ſtand therein to cool: then ſtraine the Damſons thorow the colander, taking away the ſtones and

and skins, then ſet the pulp over the fire againe, and put thereto a good quantity of red wine, and boile them well to a ſtiffeneſſe, ever ſtirring them up and down; and when they be almoſt ſufficiently boiled, put in a convenient proportion of Sugar: ſtir all well together, and after put it in your gally-pots.

51. *To make conſerve of Strawberries.*

FIrſt ſeethe them in water, and then caſt away the water, and ſtrain them: then boil them in white wine, and work as before in Damſons; or elſe ſtrain them, being ripe: then boil them in wine and ſugar till they be ſtiffe.

52. *Conſerve of Prunes or Damſons made another way.*

TAke a pottle of Damſons, prick them, and put them into a pot, putting

putting thereto a pint of Roſe water or wine, and cover your pot: let them boil well: then incorporate them by ſtirring; and when they be tender, let them cool, and ſtrain them with the liquor alſo: then take the pulp, and ſet it over the fire, and put thereto a ſufficient quantity of ſugar, and boil them to their height or conſiſtency, and put it up in gally-pots or jarre glaſſes.

53. *How to candy Ginger, Nutmegs, or any roots or flowers.*

TAke a quarter of a pound of the beſt refined Sugar, or Sugar-candie which you can get, powder it, put thereto two ſpoonfuls of Roſe water, dip therein your Nutmegs, Ginger, roots, &c. being firſt ſodden in faire water till they be ſoft and tender: the oftner you dip them in your ſyrrup, the thicker the candie will be, but

but it will be the longer in candying: your ſyrup muſt be of ſuch ſtiffeneſſe, as that a drop thereof being let fall upon a pewter diſh, may congeal and harden, being cold. You muſt make your ſyrup in a chafing-diſh of coals, keeping a gentle fire. After your ſyrup is once at his full height, then put them upon papers preſently into a ſtove, or in diſhes: continue fire ſome ten or twelve dayes, till you finde the candie hard, and gliſtering like diamonds: you muſt dip the red Roſe, the Gilliflower, the Marigold, the Borrage-flower, and all other flowers but once.

54. *The art of Comfit-making teaching how to cover all kinds of ſeeds, fruits, or ſpices with Sugar.*

FIrſt of all you muſt have a deep bottomed baſon of fine clean braſſe or latten, with two ears of iron to hang it with two ſeverall cords

cords over a baſon or earthen pan with hot coals.

You muſt alſo have a broad pan to put aſhes in, and hot coals upon them.

You muſt have a clean latten baſon to melt your Sugar in, or a faire braſen skillet.

You muſt alſo have a fine braſen ladle to let run the Sugar upon the ſeeds.

You muſt alſo have a braſen ſlice to ſcrape away the Sugar from the hanging baſon, if need require.

Having all theſe neceſſary veſſels and inſtruments, work as followeth:

Chuſe the whiteſt, fineſt, and hardeſt Sugar, and then you need not to clarifie it, but beat it onely into fine powder, that it may diſſolve the ſooner.

But firſt make all your ſeeds very clean, and dry them in your hanging baſon.

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Take for every two pound of ſugar, a quarter of a pound of Anniſ-ſeeds, or Coriander-ſeeds, and your Comfits will be great enough: and if you will make them greater, take halfe a pound more of ſugar, or one pound more; and then they will be faire and large.

And halfe a pound of Anniſ-ſeeds with two pound of ſugar will make fine ſmall Comfits.

You may alſo take a quarter and a halfe of Anniſ-ſeeds, and three pound of ſugar; or halfe a pound of Anniſ-ſeeds, and foure pound of ſugar. Do the like in Coriander-ſeeds.

Melt your ſugar in this manner: *viz.* Put three pound of your powder ſugar into the baſon, and one pint of cleane running water thereunto: ſtirre it well with a braſen ſlice, untill all be moiſt and well wet: then ſet it over the fire, without ſmoake or flame, and melt it well, that there be no whole

griſty

griſty ſugar in the bottome, and let it ſeethe mildly untill it will ſtreame from the ladle like Turpentine with a long ſtreame, and not drop: when it is come to his decoction, let it ſeethe no more, but keep it upon hot embers, that it may run from the ladle upon the ſeeds.

To make them ſpeedily, let your water be ſeething hot, or ſeething, and put powder of ſugar to them: caſt on your ſugar boiling hot: have a good warm fire under the hanging baſon.

Take as much water to your ſugar as will diſſolve the ſame.

Never skim your ſugar if it be clean and fine.

Put no kind of Starch or Amylum to your ſugar.

Seethe not your ſugar too long: for that will make it black, yellow, or tawny.

Move the ſeeds in the hanging baſon as faſt as you can or may;

when the Sugar is in caſting.

At the firſt coate put on but one halfe ſpoonfull with the ladle, and alſo move the baſon, move, ſtir and rub the ſeeds with thy left hand a pretty while, for they will take Sugar the better, and dry them well after every coat.

Doe this at every coate, not onely in moving the baſon, but alſo with the ſtirring of the Comfits with the left hand, and drying the ſame; thus doing you ſhall make good ſpeed in the making: for, in every three houres you may make three pound of Comfits.

And as the Comfits doe increaſe in greatneſſe, ſo you may take more Sugar in your ladle to caſt on. But for plaine Comfits, let your Sugar be of a light decoction laſt, and of a higher decoction firſt, and not too hot.

For criſpe and ragged Comfits, make your Sugar of an high decoction, even as high as it may run from

from the ladle, and let it fall a foot high or more from the ladle, and the hotter you cast on your Sugar, the more ragged will your Comfits be. Also the Comfits will not take so much of the Sugar as they will upon a light decoction, and they will keep their raggedneſſe long. This high decoction muſt ſerve for eight or ten coats in the end of the work, and put on at every time but one ſpoonfull, and have a light hand with your baſon, caſting on but little Sugar.

A quarter of a pound of Coriander ſeeds, and three pound of Sugar, will make great, huge, and big Comfits.

See that you keep your Sugar alwayes in good temper in the baſon, that it burne not into lumps or gobbets: and if your Sugar be at any time too high boyled, put in a ſpoonfull or two of water, and keep it warily with the ladle, and let your fire alwayes

be without ſmoake or flame.

Some commend a ladle that hath a hole in it, to let the ſugar run thorow of an height: but you may make your Comfits in their perfect forme and ſhape onely with a plaine ladle.

When your Comfits be made, ſet your diſhes with your Comfits upon papers in them before the heat of the fire, or in the hot Sun, or in an oven after the bread is drawne, by the ſpace of an houre or two, and this will make them to be very white.

Take a quarter of a pound of Anniſ-ſeeds, and two pound of ſugar, and this proportion will make them very great: and even a like quantity take of Carroway-ſeed, Fennell-ſeed, and Coriander-ſeed.

Take of the fineſt Cinamon, and cut it into pretty ſmall ſticks, being drie, and beware you wet it not: for that deadeth the Cinamon:

mon: and then work as in other Comfits. Doe this with Orenge rindes likewise.

Work upon Ginger, Cloves, and Almonds as upon other seeds.

The smaller that Annis-seed Comfits be, the fairer, the harder, and so in all other.

Take the powder of Cinamon, two drammes; of fine Muske dissolved in a little water, one scruple: mingle all these together in the hanging bason, and cast them upon Sugar of a good decoction. Then, with thy left hand, move it to and fro, and drie it well: doe this often, untill they be as great as Poppy-seeds, and give in the end three or foure coats of a light decoction, that they may be round and plaine: and with an high decoction you may make them crispe.

You must have a course search made for the purpose with haire, or with parchment full of holes, to

part and divide the Comfits into ſeverall ſorts.

To make paſte for Comfits, Take fine grated bread foure ounces, fine elect Cinamon powdered halfe an ounce, of fine Ginger powder one dram, Saffron powder a little, white Sugar two ounces, and a few ſpoonfuls of Borrage-water; ſeethe the water and the Sugar together, and put to the Saffron; then firſt mingle the crummes of bread and the Spices well together, drie them, put the liquor ſcalding hot upon the ſtuffe, and being hot, labour it with thy hand, and make bals or other forms thereof, dry them, and cover them as Comfits.

Coriander ſeeds two ounces, Sugar one pound and a halfe, maketh very fair Comfits.

Anniſ-ſeeds three ounces, Sugar halfe a pound; of Anniſ-ſeeds two ounces, and Sugar ſix ounces, will make fair Comfits.

Every dramme of fine Cinamon will

will take at the least a pound of Sugar for biskets, and likewise of Sugar or Ginger powder.

Halfe an ounce of grosse Cinamon will make almost three drams of fine powder searced, after it is well beaten.

Sugar powder one ounce will take at the least a pound of Sugar to make your biskets fair.

Carrowaies will be faire at twelve coats.

Put into the Sugar a little Amylum dissolved for five or six of the last coates, and that will make them exceeding crispe: and if you put too much Amylum or Starch to the Comfits which you would have crispe, it will make them flat and smooth.

In any other confection of pasted Sugar mixed with Gum dragagant, put no kind of Amylum; beware of it, for it will make the work clammy.

To make red Comfits, see the three

or four ounces of brazell with a little water : take of this red water foure ſpoonfuls, of ſugar one ounce, and boil it to his decoction: then give ſix coats, and it will be of a good colour; or elſe you may turn ſo much water with one dram of Turneſole, doing as before.

To make green Comfits, ſeethe ſugar with the juice of beets.

To make them yellow, ſeethe Saffron with ſugar.

In making of Comfits, alwayes when the water doth ſeethe, then put in your ſugar powder, and let it ſeethe a little, untill it be clean diſſolved, and boiled to his perfect decoction, and that the whiteneſſe of the colour be clean gone: and if you let it ſettle, you ſhall ſee the ſugar ſomewhat cleere.

For biskets, take two ſpoonfuls of liquor; of ſugar ſearced in a courſe ſearce, one dram; and of ſugar powder to be molt and caſt, one ounce. This done, will make the biskets ſome-

somewhat fair, and somewhat greater then Poppy-seeds.

Aliter: Take sugar-powder, foure drams; sugar to cast, four ounces, with liquor sufficient: lay gold or silver on your Comfits.

Every dram of sugar-powder will take an ounce of sugar to be cast: eight drams make an ounce. To thus much powder for biskets, take halfe a pound of sugar to cast thereon.

Coriander-seeds, a quarter of a pound, sugar three pound; Coriander-seeds halfe a pound, sugar three drams, will make fair Comfits.

For biskets, Annis-seeds halfe a pound, Fennel-seeds a quarter of a pound, and sugar two pound sufficeth.

In six or eight of the lost coats put in two spoonfuls of sugar very hot, to make them crisp.

To one pound of sugar take nine ounces of water.

55. *To make a cullis as white as ſnow, and in the nature of gelly.*

TAke a Cock, ſcald, waſh, and draw him clean, ſeethe it in white wine, or Rheniſh wine, ſcum it clean, clarifie the broth after it is ſtrained: then take a pint of thick and ſweet cream, ſtrain that to your clarified broth, and your broth will become exceeding fair and white: then take powdered Ginger, fine white Sugar, and Roſe-water, ſeething your cullis when you ſeaſon it, to make it take the colour the better.

56. *To make Wafers.*

TAke a pint of flower, put into it a little cream with two yolks of egs and a little Roſe water, with a little ſearced Cinamon and Sugar, work them all together, and bake the paſte upon hot irons.

57. *To*

57. *To make Almond butter.*

BLanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then strain them thorow a linnen cloth, boile them with Rose water, whole Mace, and Annis-seeds, till the substance be thick: spread it upon a faire cloth, draining the whey from it, after let it hang in the same cloth some few hours, then strain it, and season it with Rose water and Sugar.

58. *A white gelly of Almonds.*

TAke Rose water, Gum dragagant dissolved, or Isinglasse dissolved, and some Cinamon grossely beaten, seethe them altogether; then take a pound of Almonds, blanch and beat them fine with a little fair water, drie them in a fair cloth: and put your

your water aforeſaid into the Almonds, ſeethe them together, and ſtir them continually, then take them from the fire, when all is boiled to a ſufficient height.

59. *To make Leach.*

SEethe a pint of cream, and in the ſeething put in ſome diſſolved Iſinglaſſe, ſtirring it till it be very thick: then take a handfull of blanched Almonds, beat them and put them in a diſh with your cream, ſeaſoning them with ſugar, and after ſlice it, and diſh it.

60. *Sweet Cakes without either ſpice or ſugar.*

SCrape or waſh your Parſneps clean, ſlice them thin, dry them upon canvas or net-work frames, beat them to powder, mixing one third thereof with two thirds of fine wheat flower:

flower : make up your paſte into coats, and you ſhall finde them very ſweet and delicate.

61. *Roſes and Gilliflowers kept long.*

COver a Roſe that is freſh and in the bud, and gathered in a faire day, after they dew is aſcended, with the whites of egs well beaten, and preſently ſtrew thereon the fine powder of ſearced ſugar, and put them up in luted pots, ſetting the pots in a cool place, in ſand or gravell : with a fillep at any time you may ſhake off this incloſure.

62. *Grapes growing all the yeere.*

PUt a Vine ſtalke thorow a basket of earth in December, which is likely to beare Grapes that

that yeere, and when the grapes are ripe, cut off the ſtalk under the basket (for by this time it hath taken root) keep the basket in a warme place, and the grapes will continue freſh and faire a long time upon the Vine.

63. *How to dry Roſe leaves, or any other ſingle flowers, without wrinkling.*

IF you would performe the ſame well in Roſe leaves, you muſt in Roſe time make choice of ſuch Roſes as are neither in the bud, nor full blowne (for theſe have the ſmoothest leaves of all other) which you muſt eſpecially cull and chuſe from the reſt; then take right Callis ſand, waſh it in ſome change of waters, and drie it thorowly well, either in an oven, or in the Sun; and having ſhallow, ſquare, or long boxes of foure, five, or ſix inches deep, make firſt an even lay of ſand in the bottom, upon which

which lay your Roſe leaves one by one, (ſo as one of them touch another) till you have covered all the ſand, then ſtrow ſand upon thoſe leaves till you have thinly covered them all; and then make another lay of leaves as before, and ſo lay upon lay, &c. Set this boxe in ſome warme place in a hot ſunny day, (and commonly in two hot ſunny dayes they will be thorow drie) then take them out carefully with your hand without breaking. Keep theſe leaves in jarre glaſſes bound about with paper neer a chimney or ſtove, for fear of relenting. I finde the red Roſe leafe beſt to be kept in this manner: alſo take away the ſtalkes of panſies, ſtock-gilliflowers, or other ſingle flowers, prick them one by one in ſand, preſſing downe their leaves ſmooth with more ſand laid evenly upon them. And thus you may have Roſe leaves, and other flowers to lay about your baſons, windowes, &c. all the winter

ter long. Alſo this ſecret is very requiſite for a good Simplifier, becauſe hee may dry the leafe of any herb in this manner, and lay it, being dry, in his Herball, with the ſimple which it repreſenteth, whereby he may eaſily learn to know the names of all ſimples which he deſireth.

64. *Cluſters of Grapes kept till Eaſter.*

CLuſters of Grapes hanging upon vines within a cloſe preſſe, will laſt till Eaſter. If they ſhrink, you may plump them up with a little warme water before you eat them. Some uſe to dip the ends of the ſtalks firſt in pitch: ſome cut a branch off the Vine with every cluſter, placing an Apple at each end of the branch, now and then renewing theſe Apples as they rot; and after hanging them within a preſſe or cupboard, which would ſtand in ſuch a roome (as I ſuppoſe)

suppose) where the grapes might not freeze: for otherwise you must be forced now and then to make a gentle fire in the room, or else the Grapes will rot and perish.

65. *How to keep Walnuts a long time plump and fresh.*

MAke a lay of the dry stampings of crabs when the verjuice is pressed from them, cover that lay with Walnuts, and upon them make another lay of stampings, and so one lay upon another, till your vessell be full wherein you mean to keep them. The Nuts thus kept will pill as if they were new gathered from the tree.

66. *An excellent conceit upon the kernels of dry Walnuts.*

GAther not your Walnuts before they be full ripe, keep them without

out any art untill New-yeers tide, then break the ſhels carefully, ſo as you deface not the kernels: (and therefore you muſt make choiſe of ſuch Nuts as have thin ſhels) whatſoever you find to come away eaſily, remove it: ſteep theſe kernels in conduit water forty eight houres, then will they ſwell, and grow very plump and faire, and you may pill them eaſily, and preſent them to any friend you have for a New-yeeres gift: but being pilled, they muſt be eaten within two or three houres, or elſe they loſe their whiteneſſe and beauty; but unpilled, they will laſt two or three dayes faire and freſh. This of a kind Gentle-woman, whoſe skil I doe highly commend, and whoſe caſe I doe greatly pitie; ſuch are the hard fortunes of the beſt wits and natures in our dayes.

67. *How to keep Quinces in a moſt excellent manner.*

MAke choiſe of ſuch as are ſound, and gathered in a fair, dry, and ſunny day, place them in a veſſell of wood containing a firkin or thereabout, then cover them with penny ale, and ſo let them reſt: and if the liquor carry any bad ſcum, after a day or two take it off: every ten or twelve dayes let out your penny ale at a hole in the bottome of your veſſell, ſtop the hole, and fill it up again with freſh penny ale: you may have as much for two pence at a time as will ſerve for this purpoſe. Theſe Quinces being baked at Whitſontide, did taſte more daintily then any of thoſe which are kept in our uſuall decoctions or pickles.

Alſo if you take white wine lees that are neat (but then I feare you muſt get them of the merchants, for your Taverns do hardly afford any) you

you may keep your Quinces in them very faire and freſh all the yeer, and therein alſo you may keep your Barberries both full and fair coloured.

68. *Keeping of Pomegranats.*

MAke choice of ſuch Pomegranats as are ſound, and not prickt, as they term it; lap them over thinly with wax, hang them upon nails, where they may touch nothing, in ſome cupboard or cloſet in your bed-chamber, where you keep a continuall fire; and every three or foure dayes turn the under ſides uppermoſt: and therefore you muſt ſo hang them in pack-thred, that they may have a bow-knot at each end. This way Pomegranats have been freſh till Whitſontide.

69. *Preſerving of Artichokes.*

CUt off the ſtalks of your Artichokes within two inches of the Apple:

Apple : and of all the reſt of the ſtalkes make a ſtrong decoction, ſlicing them into thin and ſmall ſlices, and keepe them in this decoction: when you ſpend them, you muſt lay them firſt in warm water, and then in cold, to take away the bitterneſſe of them. This of M. *Parſons*, that honeſt and painefull practiſer in this profeſſion.

In a mild and warm winter, about a moneth or three weekes before Chriſtmas, I cauſed great ſtore of Artichokes to be gathered with their ſtalkes in their full length as they grew : and making firſt a good thick lay of Artichoke leaves in the bottome of a large and great veſſell, I placed my Artichokes one upon another, as cloſe as I could couch them, covering them over a pretty thickneſſe with Artichoke leaves : thoſe Artichokes were ſerved in at my Table all the Lent after, the Apples being red and ſound, onely the tops of the leaves a little

vaded

vaded, which I did cut away.

70. *Fruit preserved in pitch.*

DWayberries, that doe somewhat resemble black Cherries, called in Latine by the name of *Solanum lethale*, being dipped in molten pitch, being almost cold, and before it congeale and harden againe, and so hung up by their stalks, will last a whole yeer. *Probat. per* M. *Parsons* the Apothecary. Prove what other fruits will also be preserved in this manner.

71. *To make Clove or Cinamon Sugar.*

LAy pieces of Sugar in close boxes amongst stickes of Cinamon, Cloves, &c. and in short time it will purchase both the taste and sent of the spice. *Probat.* in Cloves.

72. *Hasell*

72. *Haſell Nuts kept long.*

A Man of great yeers and experience aſſured me, that Nuts may be kept a long time with full kernels by burying them in earthen pots well ſtopt a foot or two in the ground: they keep beſt in gravelly or ſandy places. But theſe Nuts, I am ſure, will yeeld no oyle, as other Nuts will that wex dry in the ſhels with long keeping.

73. *Cheſnuts kept all the yeer.*

After the bread is drawn, diſperſe your Nuts thinly over the bottom of the Oven, and by this means, the moiſture being dryed up, the Nuts will laſt all the yeer: If at any time you perceive them to relent, put them into your Oven again, as before.

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SECRETS IN DISTILLATION.

1. *How to make true ſpirit of wine.*

TAke the fineſt paper you can get, or elſe ſome virgin parchment; ſtraine it very right and ſtiffe over the glaſſe body, wherein you put your Sack, Malmſie, or Muskadine; oyle the paper or virgin parchment with a pencill moiſtened in the oyle of Ben, and diſtill it in balneo with a gentle fire, and by this meanes you ſhall purchaſe onely the true ſpirit of wine. You ſhall not have above two or three ounces at the moſt out of a gallon of wine, which aſcendeth in the forme of a cloud, without any dew

dew or veines in the helme: lute all the joints well in this distillation. This spirit will vanish in the aire, if the glasse stand open.

2. *How to make the ordinary spirit of wine, that is sold for five shillings, and a noble a pint.*

PUt Sack, Malmsie, or Muskadine into a glasse body, leaving one third or more of your glasse emptie, set it in balneo, or in a pan of ashes, keeping a soft and gentle fire: draw no longer then till all or most part will burne away, which you may prove now and then by setting a spoonfull thereof on fire with a paper, as it droppeth from the nose or pipe of the helm: and if your spirit thus drawn hath any phlegme therein, then rectifie or re-distill that spirit again in a lesser body, or in a bolt receiver in stead of another body, luting a small head on the top of the

steel thereof, and so you shall have a very strong spirit: or else, for more expedition, distill five or six gallons of wine by Limbeck; and that spirit which ascendeth afterward, re-distill in glasse, as before.

3. *Spirits of Spices.*

DIstill with a gentle heat, either in balneo, or ashes, the strong and sweet water, wherewith you have drawn oyle of Cloves, Mace, Nutmegs, Juniper, Rosemary, &c. after it hath stood one moneth close stopt, and so you shall purchase a most delicate spirit of each of the said aromaticall bodies.

4. *Spirit of wine tasting of what Vegetables you please.*

MAcerate Rosemary, Sage, sweet Fennell seeds, Marjoram, Limon, or Orange pils, &c. in

in spirit of wine a day or two, and then distill it over again, unlesse you had rather have it in his proper colour; for so you shall have it upon the first infusion, without any farther distillation: and some young Alchymists do hold these for the true spirits of Vegetables.

5. *How to make the water, which is usually called Balm-water.*

TO every gallon of claret wine put one pound of green balm. Keep that which cometh first, and is cleerest, by it self: and the second and whiter sort, which is weakest, and cometh last by it self: distil in a pewter Limbeck luted with paste to a brasse pot. Draw this in May or June, when the herb is in his prime.

6. *Rosa Solis.*

TAke of the herb Rosa Solis, gathered in July, one gallon,

pick out all the black moats from the leaves; Dates, halfe a pound; Cinamon, Ginger, Cloves, of each one ounce; graines, halfe an ounce; fine ſugar, a pound and a halfe; red Roſe leaves green or dryed, foure handfuls: ſteep all theſe in a gallon of good *Aqua compoſita*, in a glaſſe cloſe ſtopped with waxe during twenty dayes: ſhake it well together once every two dayes. Your ſugar muſt bee powdered, your ſpices bruiſed onely, or groſſely beaten, your Dates cut in long ſlices, the ſtones taken away. If you adde two or three grains of Amber-greece, and as much Muske in your glaſſe among the reſt of the ingredients, it will have a pleaſant ſmell. Some adde the Gum-amber, with Corall and Pearle finely powdered, and fine leafe gold. Some uſe to boyle Ferdinando-buck in Roſe water, till they have purchaſed a faire deepe crimſon colour: and when the ſame is cold, they colour

lour their *Rosa Solis* and *Aqua Rubea* therewith.

7. *Aqua Rubea.*

TAke of Musk six grains; of Cinamon and Ginger, of each one ounce; white Sugar-candie, one pound: powder the sugar, and bruise the spices grossely, bind them up in a clean linnen cloth, and put them to infuse in a gallon of *Aqua composita*, in a glasse close stopt twentie foure houres, shaking them together divers times: then put thereto of Turnesole one dram; suffer it to stand one houre, and then shake all together: then if the colour like you after it is setled, powre the cleerest forth into another glasse: but if you will have it deeper coloured, suffer it to work longer upon the Turnesole.

8. *Doctor* Steven's *Aqua composita.*

TAke a gallon of Gascoin wine, of Ginger, Galingale, Cinamon, Nutmegs, and Grains, Annis-seeds, Fennel-seeds, and Carroway-seeds, of each a dram; of Sage, Mints, red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Camomil, Lavender, of each a handfull; bray the spices small, and bruise the herbs, letting them macerate twelve hours, stirring it now and then: then distill by a Lymbeck of pewter, keeping the first cleer water that cometh by it selfe, and so likewise the second. You shall draw much about a pint of the better sort from every gallon of wine.

9. *Usque-bath, or Irish Aqua vitæ.*

TO every gallon of good *Aqua composita*, put two ounces of chosen

chosen Liquorice bruised, and cut into small pieces, but first cleansed from all his filth, & two ounces of Annisseeds that are clean and bruised: let them macerate five or six dayes in a wooden vessell, stopping the same close, and then draw off as much as will run cleer, dissolving in that cleer *Aqua vitæ* five or six spoonfuls of the best Malassoes you can get, (Spanish Cute, if you can get it, is thought better then Malassoes) then put this into another vessell; and after three or foure dayes (the more the better) when the liquor hath fined it selfe, you may use the same: some adde Dates and Raisins of the Sun to this receipt. Those grounds which remain you may re-distill, and make more *Aqua composita* of them, and of that *Aqua composita* you may make more Usque-bath.

10. *Cinamon water.*

HAving a copper body or brasse pot that will hold twelve gallons, you may well make two or three gallons of Cinamon water at once. Put into your bodie over night six gallons of conduit water, and two gallons of spirit of wine; or, to save charge, two gallons of spirit drawn from wine lees, ale, or low wine, six pound of the best & largest Cinamon you can get, or else eight pound of the second sort well bruised, but not beaten into powder: lute your Limbeck, and begin with a good fire of wood and coales, till the vessell begin to distill, then moderate your fire, so as your pipe may drop apace, and run trickling into the receiver, but blow not at any time. It helpeth much herein to keep the water in the bucket not too hot,

by

by often change thereof: it muſt never be ſo hot, but that you may well endure your finger therein. Then divide into quart glaſſes the ſpirit which firſt aſcendeth, and wherein you find either no taſte, or very ſmall taſte of the Cinamon; then may you boldly, after the ſpirit once beginneth to come ſtrong of the Cinamon, draw untill you have gotten at the leaſt a gallon in the Receiver, and then divide often by halfe pints, and quarters of pints, leſt you draw too long: which you ſhall know by the faint taſte and milkie colour, which diſtilleth to the end: this you muſt now and then taſte in a ſpoone. Now when you have drawne ſo much as you finde good, you may adde thereunto ſo much of your ſpirit that came before your Cinamon water, as the ſame will well beare, which you muſt finde by your taſte. But if your ſpirit and your Cinamon be both good, you may of the

afore-

aforesaid proportion will make up two gallons, or two gallons and a quart of good Cinamon water. Here note, that it is not amisse to observe which glasse was first filled with the spirit that ascended, and so of the second, third, and fourth: and when you mix, begin with the last glasse first, and so with the next, because those have more taste of the Cinamon then that which came first; and therefore more fit to be mixed with your Cinamon water. And if you mean to make but eight or nine pints at once, then begin but with the halfe of this proportion. Also that spirit which remaineth unmixed, doth serve to make Cinamon water the second time. This way I have often proved, and found most excellent. Take heed that your Limbeck be clean, and have no manner of sent in it, but of Wine or Cinamon; and so likewise of the glasses funnels, and pots which you shall use about this work.

11. *How to distill Isop, Thyme, Lavender, Rosemary, &c. after a new and excellent manner.*

HAving a large pot containing twelve or fourteen gallons, with a Limbeck to it, or else a copper bodie, with a serpentine of twenty, or twenty four gallons, and a copper head, being such a vessell as is commonly used in the drawing of *Aqua vitæ*, fill two parts thereof with faire water, and one other third part with such herbs as you would distill; the herbs being either moist or drie, skilleth not greatly whether; let the herbs macerate all night, and in the morning begin your fire; then distill as before in Cinamon water, being carefull to give change of waters to your colour alwayes as it needeth: draw no longer then you feele a strong and sensible taste of the

the herb which you distill, alwayes dividing the stronger from the weaker, and by this means you shall purchase a water far excelling any that is drawn by a common pewter Still: you may also gather the oyle of each herb, which you shall find fleeting on the top or summity of your water. This course agreeth best with such herbs as are not in taste, and will yeeld their oyl by distillation.

12. *How to make the salt of herbs.*

BUrn whole bundles of dryed Rosemary, Sage, Isop, &c. in a cleane Oven, and when you have gathered good store of the ashes of the herbe, infuse warme water upon them, making a strong and sharp lee of those ashes, then evaporate that lee, and the residence or setling which you finde in the bottom thereof is the salt which you seek for. Some use to filter this lee

divers

divers times before evaporation, that their salt may be the cleerer and more transparent. This salt, according to the nature of the herb, hath great effect in physick.

13. *Spirit of Honey.*

Put one part of honey to five parts of water; when the water boileth, dissolve your honey therein, scum it, and having sodden an houre or two, put it into a wooden vessell, and when it is but bloud warm, set it on work with yeast after the usuall manner of beer and ale; tun it, and when it hath lien some time, it will yeeld his spirit by distillation, as wine, beer, and ale will do.

14. *To distill Rose water at Michaelmas, and to have as good yeeld as at any other time of the yeer.*

IN the pulling of your Roses, first divide all the blasted leaves; then take

take the other freſh leaves, and lay them abroad upon your table or windowes, with ſome cleane linnen under them, let them lie three or foure houres, or if they be dewey, untill the dew be fully vaniſhed: put theſe Roſe leaves in great ſtone pots, having narrow mouthes, and well leaded within, (ſuch as the Gold-finers call their hookers, and ſerve to receive their *Aqua fortis*, be the beſt of all others that I know;) and when they are well filled, ſtop their mouthes with good corkes, either covered all over with waxe or molten brimſtone, and then ſet your pot in ſome coole place, and they will keep a long time good, and you may diſtill them at your beſt leaſure. This way you may diſtill Roſe water good cheape. If you buy ſtore of Roſes, when you finde a glut of them in the Market, whereby they are ſold for ſeven pence or eight pence the buſhell, you then

engroſſe

engroſſe the flower. And ſome hold opinion, that if in the midſt of theſe leaves you put ſome broken leven, and after fill up the pot with Roſe-leaves to the top, that ſo in your diſtillation of them you ſhall have a perfect Roſe vinegar, without the addition of any common vinegar. I have known Roſe leaves kept well in Rondlets that have been firſt well ſeaſoned with ſome hot liquor and Roſe leaves boiled together, and the ſame pitched over on the outſide, ſo as no aire might penetrate or pierce the veſſell.

15. *A ſpeedy diſtillation of Roſe water.*

STamp the leaves, and firſt diſtill the juice, being expreſſed, and after diſtill the leaves, and ſo you ſhall diſpatch more with one Still, then others doe with three or foure

foure Stils. And this water is every way as medicinable as the other, serving in all syrups, decoctions, &c. sufficiently; but not altogether so pleasing in smell.

16. *How to distill wine-vinegar, or good Aligar, that may be both cleere and sharp.*

I know it is an usuall manner among the novices of our time, to put a quart or two of good vinegar into an ordinary leaden Still, and so to distill it as they doe all other waters: but this way I utterly dislike, both for that here is no separation made at all, and also because I feare, that the vinegar doth carry an ill touch with it, either from the leaden bottome, or pewter head, or both. And therefore I could wish rather, that the same were distilled in a large body of glasse, with a head or receiver, the same being placed in sand and ashes. Note, that the best part

part of the vinegar is the middle part that ariseth; for the first is faint and phlegmatick, and the last will taste of adustion, because it groweth heavie toward the latter end, and must be urged up with a great fire: and therfore you must now and then taste of that which cometh both in the beginning and towards the latter end, that you may receive the best by it selfe.

17. *How to draw the true spirit of Roses, and so of all other herbs and flowers.*

MAcerate the Rose in his owne juice, adding thereto, being temperately warme, a convenient proportion either of yeast or ferment: leave them a few dayes in fermentation, till they have gotten a strong and heady smell, beginning to incline toward vinegar: then distill them in balneo in glasse bodies luted to their helmes (haply a Limbeck

beck will doe better, and rid faster) and draw so long as you finde any sent of the Rose to come: then rediſtill or rectifie the same so often, til you have purchased a perfect spirit of the Rose. You may also ferment the juice of Roses only, and after diſtill the same.

18. *An excellent Rose water.*

UPon the top of your glasse body straine an hair cloth, and upon that lay good store of Rose leaves, either dry or halfe dry; and so your water will ascend very good both in smell, and in colour. Distill either in balneo, or in a gentle fire in ashes: you may re-iterate the same water upon fresh leaves. This may also be done in a leaden Still, over which, by reason of the breadth, you may place more leaves.

19. *An*

19. *An excellent way to make the extract of all Vegetables.*

EXpresse a good quantity of the juice thereof, set it on the fire, and give it onely a walm or two, then it will grow cleer: before it be cooled powre away the cleered filter with a peece of cotten, and then evaporate your filtered juice till it come to a thick substance: and thus you shall have a most excellent extract of the Rose, Gilliflower, &c. with the perfect sent and taste of the flower; whereas the common way is to make the extract either by the spirit of wine, faire water, the water of the plant, or some kind of menstruum.

20. *To make a water smelling of the Eglantine, Gilliflowers, &c.*

DRy the herb or flower, and distill the same in faire water in a Lim-

a Limbeck, draw no longer then you finde sent in the water that issueth, reiterate that water upon fresh herbs, and distill as before, dividing the sweetest from the rest.

21. *A Scottish hand-water.*

Put thyme, lavender and rosemary confusedly together, then make a lay of thick wine lees in the bottom of a stone pot, upon which make another lay of the said herbs, and then a lay of lees, and so forward: lute the pot well, bury it in the ground for six weeks, distil it, & it is called Damesse-water in Scotland. A little thereof put into a bason of common water, maketh very sweet washing water.

22. *How to draw the blood of herbs.*

STamp the herb, put the same into a large glasse, leaving two parts empty (some commend the juice of the herb onely) nip or else lute the glasse

glasse very well: digest it in balneo 15 or 16 dayes, and you shall finde the same very red: divide the wateriſh part, and that which remaineth is the bloud or essence of the herb.

23. *Rose water, and yet the Rose leaves not discoloured.*

YOu must distill in balneo, and when the bottom of your pewter Stil is thorow hot, put in a few leaves at once, and distill them: watch your Still carefully; and as soon as those are distilled, put in more. I know not whether your profit will requite your labour, yet accept of it as a new conclusion.

24. *How to recover Rose water, or any other distilled water that hath gotten a mother, and is in danger to be mustie.*

INfuse your water upon fresh Rose leaves, or upon Rose cakes broken

all

all in pieces, and then after maceration for three or four hours with a gentle fire re-distill your water. Do this in a Limbeck: take heed of drawing too long for burning, unlesse your Limbeck stand in balneo.

25. *To draw both good Rose water, and oyle of Roses together.*

After you have digested your Rose leaves by the space of three moneths, *sicut ante numero* 13. either in barrels or hookers, then distill them with faire water in a Limbeck; draw so long as you can finde any excellent smell of the Rose, then divide the fatty oyle that fleeteth on the top of the Rose water, and so you have both excellent oyle of Roses, and also good Rose water together, and you shall also have more water then by the ordinary way

way: and this Roſe water extendeth farther in phyſical compoſitions, and the other ſerveth beſt for perfumes and caſting bottles. You may alſo diſtill the oyle of *Lignum Rhodium* this way, ſaving that you ſhall not need to macerate the ſame above four and twenty houres in your water or menſtruum before you diſtill. This oyl hath a moſt pleaſing ſmell, in a manner equall with the oyl of Roſes.

COOKERY AND HUSWIFERY.

1. *To souse a young Pig.*

TAke a young Pig, being scalded, boil it in faire water and white wine; put thereto some Bay leaves, some whole Ginger, some Nutmegs quartered, and a few whole Cloves: boil it thorowly, and leave it in the same broth, in an earthen pot.

2. *Aliter.*

TAke a Pig, being scalded: collar him up like Brawn, and lap your collars in faire clothes: when the flesh is boiled tender, take it out, and put it in cold water and salt, and that will

will make the skin white: make sowsing drink for it with a quart of white wine, and a pottle of the same broth.

3. *To boil a Flounder or Pickerell after the French fashion.*

TAke a pint of white wine, the tops of young Thyme and Rosemary, a little whole Mace, a little whole Pepper seasoned with verjuice, salt, and a piece of sweet butter, and so serve it. This broth will serve to boil fish twice or thrice in.

4. *To boil Sparrows or Larks.*

TAke two ladles full of mutton broth, a little whole Mace: put into it a peece of sweet butter, a handfull of Parsley, being picked: season it with Sugar, Verjuice, and a little Pepper.

5. To boyle a Capon in white broth.

BOyle your Capon by it selfe in fair water: then take a ladle full or two of mutton broth, and a little white wine, a little whole Mace, a bundle of sweet herbs, a little marrow: thicken it with Almonds, season it with sugar and a little verjuice: boyle a few Currants by themselves, and a Date quartered (lest you discolour your broth) and put it on the brest of your Capon, Chicken, or Rabbet: if you have no Almonds, thicken it with cream, or with yolks of egs; garnish your dishes on the sides with a Limon sliced, and sugar.

6. To boile a Mallard, Teal, or Wygen.

TAke mutton broth, and put it into a pipkin: put into the bellie

lie of the fowl a few ſweet herbs, and a little Mace: ſtick half a dozen of Cloves in his breſt, thicken it with a toaſt of bread ſteeped in verjuice, ſeaſon it with a little pepper, and a little ſugar; alſo one Onion minced ſmall is very good in the broth of any water fowl.

7. *To boil a leg of mutton after the French faſhion.*

TAke all the fleſh out of your leg of mutton, or at the butt end, preſerving the skinne whole; and mince it ſmall with Oxe ſuet and marrow: then take grated bread, ſweet creame, and yolks of egges, and a few ſweet herbs; put unto it Currants and Raiſins of the Sun; ſeaſon it with Nutmegs, Mace, Pepper, and a little ſugar, and ſo put it into the leg of mutton again where you took it out, and ſtew it in a pot with a marrow-bone or two: ſerve

in the marrow bones with the ſtewed broth and fruit, and ſerve in your leg of Mutton dry with Carret roots ſliced, and caſt groſſe Pepper upon the roots.

8. *To boil Pigs-pettitoes on the French faſhion.*

BOile them, and ſlice them, being firſt rouled in a little batter, your batter being made with the yolk of an egge, two ſpoonfuls of ſweet cream, and one ſpoonfull of flower: make ſawce for it with Nutmeg, Vinegar, and Sugar.

9. *To boyl Pigeons with Rice.*

BOile them in Mutton broth, putting ſweet herbs in their bellies: then take a little Rice, and boile it in Cream, with a little whole mace; ſeaſon it with Sugar, lay it thick on their breſts, wringing alſo the juice of

of a Limon upon them, and ſo ſerve them.

10. *To boile a chine of Veale or Chicken in ſharp broth with herbs.*

TAke a little Mutton broth, white Wine, and Verjuice, and a little whole Mace: then take Lettuce, Spinage, and Parſley, and bruiſe it, and put it into your broth, ſeaſoning it with Verjuice, Pepper, and a little Sugar, and ſo ſerve it.

11. *To make Beaumanger.*

TAke the brawn of a Capon, toſe it like wooll; then boile it in ſweet creame with the whites of two egs, and being well boiled, hang it in a cloth, and let the whey run from it: then grinde it in an Alablaſter mortar with a wooden peſtell; then draw it thorow a thin ſtrainer

with the yolks of two egs, and a little Roſe water: then ſet it on a chafing-diſh with coals, mixing four ounces of ſugar with it; and when it is cold, diſh it up like Almond-butter, and ſo ſerve it.

12. *To make a Polonian Sawſedge.*

TAke the fillets of an Hog, chop them very ſmall with a handfull of red Sage, ſeaſon it hot with Ginger and Pepper, and then put it into a great ſheeps gut; then let it lie three nights in brine; then boyle it, and hang it up in a chimney where fire is uſually kept: and theſe Sawſedges will laſt a whole yeer. They are good for ſallads, or to garniſh boiled meats, or to make one reliſh a cup of wine.

13. *To*

13. *To make tender and delicate Brawne.*

PUt collars of brawne in kettles of water, or other apt vessels, into an Oven, heated as you would for houshold bread: cover the vessels, and so leave them as long in the Oven, as you would doe a batch of bread. A late experience amongst Gentle-women, far excelling the old manner of boyling Brawne in great and huge kettles. *Quære*, if (putting your liquor hot into the vessels, and the Brawne a little boiled first) by this means you shall not give great expedition to your work.

14. *Paste made of Fish.*

INcorporate the body of salt fish, Stock fish, Ling, or any fresh fish that is not full of bones, with crums of bread, flower, Isinglass, &c.

and with proper ſpices agreeing with the nature of every ſeverall fiſh; and of that paſte mould off the ſhapes and forms of little fiſhes; as, of the Roch, Dace, Perch, &c. and ſo by art you may make many little fiſhes out of one great and naturall fiſh.

15. *How to barrell up Oyſters, ſo as they ſhall laſt for ſix moneths ſweet and good, and in their naturall taſte.*

OPen your Oyſters: take the liquor of them, and mix a reaſonable proportion of the beſt white wine Vinegar you can get, a little Salt, and ſome Pepper; barrell the fiſh up in ſmall caskes, covering all the Oyſters in this pickle, and they will laſt a long time. This is an excellent means to convey Oyſters unto dry townes, or to carry them in long voyages.

16. *How*

16. *How to keep freſh Salmon a whole moneth in his perfect taſte and delicacy.*

FIrſt ſeethe your Salmon according to the uſuall manner: then ſinke it in apt and cloſe veſſels in wine Vinegar, with a branch of Roſemary therein. By this meanes Vintners and Cooks may make profit thereof when it is ſcarce in the Markets: And Salmon, thus prepared, may be profitably brought out of Ireland, and ſold in London, or elſe-where.

17. *Fiſh kept long, and yet to eat ſhort and delicately.*

FRy your fiſh in oyle: ſome commend rape oyl, & ſome the ſweeteſt Civill oyl that you can get: for the fiſh will not taſte at all of the oyl becauſe

becauſe it hath a wateriſh body, and oyle and water make no true unity: then put your fiſh in white wine vinegar, and ſo you may keep it for the uſe of your table any reaſonable time.

18. *How to keep roaſted beefe a long time ſweet and wholeſome.*

THis is alſo done in wine vinegar, your peeces being not over great, and well and cloſe barrelled up. This ſecret was fully proved in that honourable voyage unto Cales.

19. *How to keep powdered beef five or ſix weeks after it is ſodden, without any charge.*

WHen your beefe hath been well and thorowly powdered by ten or twelve dayes ſpace, then ſeethe it thorowly, dry it with a cloth,

cloth, and wrap it in dry clothes, placing the ſame in cloſe veſſels and cupbords, and it will keep ſweet and ſound two or three moneths, as I am credibly informed from the experience of a kind and loving friend.

20. *A conceit of the Authors, how beef may be carried at the ſea, without that ſtrong and violent impreſſion of ſalt, which is uſually purchaſed by long and extreme powdering.*

HEre, with the good leave and favour of thoſe courteous Gentlewomen, for whom I did principally, if not onely, intend this little Treatiſe; I will make bold to lanch a little from the ſhore, and try what may be done in the vaſt and wide Ocean, and in long and dangerous voyages, for the better preſervation of ſuch uſuall victuals, as for want of this skill do

doe oftentimes meerly periſh, or elſe by the extreme piercing of the ſalt, doe loſe even their nutritive ſtrength and vertue: and if any future experience doe happen to controule my preſent conceit, let this excuſe a Scholar, *Quòd in magnis, eſt voluiſſe ſatis.* But now to our purpoſe: Let all the bloud be firſt well gotten out of the Beefe, by leaving the ſame ſome nine or ten dayes in our uſuall brine: then barrell up all the pieces in veſſels full of holes, faſtening them with ropes at the ſterne of the ſhip, and ſo dragging them thorow the ſalt ſea water, (which, by his infinite change and ſucceſſion of water, will ſuffer no putrefaction, as I ſuppoſe) you may haply finde your beef both ſweet and ſavoury enough when you come to ſpend the ſame. And if this happen to fall out true upon ſome tryall thereof had, then either at my next impreſſion, or when I ſhall be urged thereunto upon

upon any neceſſity of ſervice, I hope to diſcover the means alſo whereby every ſhip may carry ſufficient ſtore of victuall for her ſelfe in more cloſe and convenient carriages then thoſe looſe veſſels are able to perform. But if I may be allowed to carry either roſted or ſodden fleſh to the ſea, then I dare adventure my poor credit therein, to preſerve, for ſix whole moneths together, either Beef, Mutton, Capons, Rabbets, &c. both in a cheap manner, and as freſh as wee doe now uſually eat them at our tables. And this I hold to be a moſt ſingular and neceſſary ſecret for all our Engliſh Navie; which at all times, upon reaſonable terms, I will be ready to diſcloſe for the good of my Countrey.

21. *How to make ſundry ſorts of moſt dainty Butter, having a lively taſte of Sage, Cinamon, Nutmegs, Mace, &c.*

THis is done by mixing a few drops of the extracted oyle of Sage, Cinamon, Nutmegs, Mace, &c. in the making up of your Butter: for oyl and Butter will incorporate and agree very kindly and naturally together. And how to make the ſaid oyls, with all neceſſary veſſels, inſtruments, and other circumſtances, by a moſt plain and familiar deſcription, See my Jewell houſe of Art and Nature, under the Title of Diſtillation.

22. *How to make a larger and daintier Cheeſe of the ſame proportion of milk then is commonly uſed or known by any of our beſt Dairy women at this day.*

HAving brought your milk into curds by ordinary renet, either break

breake them with your hands according to the uſuall manner of other Cheeſes, and after, with a fleeting diſh, take away as much of the whey as you can; or elſe put the curds without breaking into your moat: let them ſo repoſe one houre, or two, or three; and then, to a Cheeſe of two gallons of milke, adde a weight of ten or twelve pound: which weight muſt reſt upon a cover that is fit with the moat or caſe; wherein it muſt truely deſcend by degrees, as you increaſe your weight, or as the curds doe ſinke and ſettle. Let your curds remaine ſo all that day and night following, untill the next morning: and then turne your Cheeſe or curds, and place your weight again thereon, adding from time to time ſome more weight, as you ſhall ſee cauſe. Note, that you muſt lay a cloth both under and over your curds at the leaſt, if you will not

not wrap them all over, as they doe in other Cheeſes, changing your cloth at every turning. Alſo if you will worke in any ordinary moat, you muſt place a round and broad hoop upon the moat, being juſt of the ſelfe ſame bigneſſe or circumference, or elſe you ſhall make a very thinne Cheeſe. Turne theſe Cheeſes every morning and evening, or as often as you ſhall ſee cauſe, till the whey be all run out; and then proceed as in ordinary Cheeſes. Note, that theſe moates would bee full of holes, both in the ſides and bottome, that the whey may have the ſpeedier paſſage. You may alſo make them in ſquare boxes full of holes, or elſe you may deviſe moates or caſes, either round or ſquare of fine wicker; which, having wickker covers, may, by ſome ſleight, be ſo ſtayed, as that you ſhall need onely morning and evening to

turne

turne the wrong ſide upward, both the bottomes being made looſe, and ſo cloſe and fitting, as they may ſinke truely within the moat or mould by reaſon of the weight that lyeth thereon. Note, that in other Cheeſes, the cover of the moate ſhutteth over the moate: but in theſe the covers deſcend, and fall within the moats. Alſo your ordinary Cheeſes are more ſpongious and full of eyes then theſe, by reaſon of the violent preſſing of them; whereas, theſe Cheeſes ſetling gently and by degrees, doe cut as cloſe and as firme as Marmelade. Alſo in thoſe Cheeſes which are preſſed out after the uſuall manner, the whey that cometh from them, if it ſtand a while, will carry a creame upon it, whereby the Cheeſe muſt of neceſſity be much leſſe, and (as I gheſſe) by a fourth part: whereas the whey that cometh from theſe new kinde of Cheeſes

Cheeſes is like faire water in colour, and carryeth no ſtrength with it. Note alſo, that if you put in your curds unbroken, not taking away the whey that iſſueth in the breaking of them, that ſo the Cheeſes will yet be ſo much the greater: but that is the more troubleſome way, becauſe the curds being tender, will hardly endure the turning, unleſſe you be very carefull. I ſuppoſe, that the Angelores in France may be made in this manner in ſmall baskets; and ſo likewiſe of the Parmeeſan: and if your whole Cheeſes conſiſt of unflatten milke, they will be full of butter, and eat moſt daintily, being taken in their time, before they be too dry: for which purpoſe you may keepe them, when they begin to grow dry, upon greene ruſhes or nettles. I have robbed my wifes Dairy of this ſecret, who hath hitherto refuſed all recompences that have beene offered her

her by Gentle-women for the ſame, and had I loved cheeſe my ſelfe ſo well as I like the receipt, I think I ſhould not ſo eaſily have imparted the ſame at this time. And yet I muſt needs confeſſe, that for the better gracing of the Title wherewith I have fronted this pamphlet, I have been willing to publiſh this with ſome other ſecrets of worth, for the which I have many times refuſed good ſtore both of crownes and angels. And therefore let no Gentle-woman think this book too deer, at what price ſoever it ſhall be valued upon the ſale thereof: neither can I eſteeme the work to be of leſſe then twenty yeers gathering.

23. *Clouted cream.*

TAke your milk being new milked, and preſently ſet it upon the fire from morning untill the evening

evening, but let it not ſeethe: and this is called my Lady *Youngs* clowted creame.

24. *Fleſh kept ſweet in Summer.*

YOu may keep Veal, mutton, or Veniſon in the heat of Summer nine or ten dayes good, ſo as to be newly and fair killed, by hanging the ſame in an high and windy roome. (And therefore a plate cupboard full of holes, ſo as the wind may have a thorow paſſage, would be placed in ſuch a room, to avoid the offence of Fly-blows.) This is an approved ſecret, eaſie and cheap, and very neceſſary to be known and practiſed in hot and tainting weather. Veal may be kept ten dayes in bran.

25. *Muſtard-meale.*

IT is uſuall in Venice to ſell the meal of Muſtard in their Markets, as

as we do flowr and meal in England: this meal, by the addition of vinegar, in two or three dayes becometh exceeding good muſtard; but it would be much ſtronger and finer, if the husks and huls were firſt divided by ſearce or boulter: which may eaſily be done, if you dry your ſeeds againſt the fire before you grind them. The Dutch iron hand-mils, or any ordinary Pepper-mill may ſerve for this purpoſe. I thought it very neceſſary to publiſh this manner of making your ſawce, becauſe our muſtard, which we buy from the Chandlers at this day, is many times made up with vile and filthy vinegar, ſuch as our ſtomacks would abhorre, if we ſhould ſee it before the mixing thereof with the ſeeds.

26. *How to avoid ſmoak in broyling of Bacon, Carbonado, &c.*

MAke little dripping-pans of paper, paſting up the corners with ſtarch

ſtarch or paſte: wet them a little in water, (but Pope *Pius Quintus* his Cooke will have them touched over with a feather firſt dipped in oyle or molten butter:) lay them on your grid-iron, and place therein your ſlices of Bacon, turning them as you ſee cauſe. This is a cleanly way, and avoideth all ſmoak. In the ſame manner you may alſo broile thin ſlices of Polonian Sawſedges, or great Oyſters; for ſo were the Popes Oyſters dreſſed. You muſt be carefull that your fire under the grid-iron flame not, leſt you happen to burn your dripping pans: and therefore all colebrands are here ſecluded.

27. *The true bottling of Beere.*

WHen your Beere is ten or twelve dayes old, whereby it is growne reaſonable cleere, then

then bottle it, making your corkes very fit for your bottles, and ſtop them cloſe: but drink not of this beer, till they begin to work again, and mantle, and then you ſhall finde the ſame moſt excellent and ſpritely drink: and this is the reaſon why bottle ale is both ſo windy and muddy, thundering and ſmoaking upon the opening of the bottle, becauſe it is commonly bottled the ſame day that it is laid into the cellar; whereby its yeaſt, being an exceeding windy ſubſtance, being alſo drawn with the ale not yet fined, doth incorporate with the drink, and maketh it alſo very windy: and this is all the lime and gun-powder wherewith bottle ale hath been a long time ſo wrongfully charged.

28. *How to help your bottles when they are muſty.*

SOme put them in an oven when the bread is newly drawn, cloſing

up the oven, and ſo let them reſt till morning. Others content themſelves with ſcalding them in hot liquor only till they be ſweet.

29. *How to break whites of egs ſpeedily.*

A Fig or two ſhred in pieces, and then beaten amongſt the whites of egs will bring them into an oyle ſpeedily: ſome break them with a ſtubbed rod; and ſome by wringing them often thorow a ſponge.

30. *How to keep flies from oyle peeces.*

A Line limed over, and ſtrained about the creſt of oyle peeces or pictures, will catch the flies, that would otherwiſe deface the pictures. But this Italian conceit, both for the rareneſſe and uſe thereof, doth

pleaſe

pleaſe me above all other; *viz.* Prick a cucumber full of barley cornes, with the ſmall ſpiring ends outward: make little holes in the cucumber firſt with a wooden or bone bodkin, and after put in the grain: theſe, being thick placed, will in time cover all the cucumber, ſo as no man can diſcern what ſtrange plant the ſame ſhould be. Such cucumbers are to be hung up in the midſt of Summer rooms, to draw all the flyes unto them, which otherwiſe would flie upon the pictures or hangings.

31. *To keep Lobſters, Crabfiſhes, &c. ſweet and good for ſome few dayes.*

THeſe kindes of fiſh are noted to be of no durability or laſting in warme weather: yet to prolong their dayes a little, though I fear I ſhall raiſe the price of them by the

discovery amongst the Fishmongers (who onely in respect of their speedy decay, doe now and then afford a penny worth in them) if you wrap them in sweet and course rags first moistned in brine, and then bury these clothes in Callis sand, that is also kept in some cool or moist place: I know by mine own experience, that you shall finde your labour well bestowed; and the rather, if you lay them in severall clothes, so as one doe not touch the other.

32 *Divers excellent kindes of bottle Ale.*

I Cannot remember that ever I did drink the like sage Ale at any time, as that which is made by mingling two or three drops of the extracted oyle of Sage with a quart of Ale, the same being well brewed out of one pot into another:

ther: and this way a whole ſtand of Sage ale is very ſpeedily made. The like is to be done with oyle of Mace or Nutmegs. But if you will make a right Goſſips cup, that ſhall farre exceed all the Ale that ever mother *Bunch* made in her life time, then in the bottling up of your beſt Ale, tun halfe a pint of white Ipocraſſe that is newly made, and after the beſt receipt, with a pottle of Ale: ſtop your bottle cloſe, and drink it when it is ſtale. Some commend the hanging of roaſted Orenges prickt full of Cloves in the veſſell of Ale, till you find the taſte thereof ſufficiently graced to your own liking.

33. *How to make worme-wood wine very ſpeedily, and in great quantitie.*

TAke ſmall Rochell or Coniake wine, put a few drops of the

extracted oyle of wormwood therein: brew it together (as before is set down in bottle Ale) out of one pot into another, and you shall have a more neat and wholsome wine for your body, then that which is sold at the Still-yard for right wormwood wine.

34. *Rose water and Rose vinegar of the colour of the Rose, and of the Cowslip, and Violet vinegar.*

IF you would make your Rose water and Rose vinegar of a ruby colour, then make choice of the crimsin velvet coloured leaves, clipping away the whites with a paire of sheeres; and being thorow dryed, put a good large handfull of them into a pint of Damaske or red Rose-water: stop your glasse well, and set it in the Sun till you see that the leaves have lost their colour; or, for more expedition, you may performe this work in balneo in a few houres, and

and when you take out the old leaves, you may put in freſh, till you find the colour to pleaſe you. Keep this Roſe water in glaſſes very well ſtopt; the fuller the better. What I have ſaid of Roſe water, the ſame may alſo be intended of Roſe vinegar, Violet, Marigold, and Cowſlip vinegar; but the whiter vinegar you chuſe for this purpoſe, the colour thereof will be the brighter: and therefore diſtilled vinegar is beſt for this purpoſe, ſo as the ſame be warily diſtilled with a true diviſion of parts, according to the manner expreſſed in this book in the diſtillation of vinegar.

35. *To keep the juice of Orenges and Limons all the yeer for ſauce, Julips, and other purpoſes.*

EXpreſſe their juice, and paſſe it thorow an Ipocraſſe bagge, to clarifie it from its impurities:

then fill your glaſſe almoſt to the top; cover it cloſely, and let it ſtand ſo till it have done boyling: then fill up your glaſſe with good iallet oyle, and ſet it in a coole cloſet or buttery where no Sun cometh: The aptеſt glaſſes for this purpoſe are ſtraight upright ones, like to our long beer glaſſes, which would be made with little round holes within two inches of the bottome to receive apt fawcets; and ſo the grounds or lees would ſettle to the bottome, and the oyle would ſink down with the juice ſo cloſely, that all putrefaction would be avoided: or, in ſtead of holes, if there were glaſſe pipes, it were the better and readier way, becauſe you ſhall hardly faſten a fawcet well in the hole. You may alſo in this manner reſerve many juices of herbs and flowers.

And becauſe that profit and skill united do grace each other, if (courteous Ladies) you will lend eares, and follow my direction, I will here furniſh

furniſh a great number of you (I would I could furniſh you all) with the juyce of the beſt Civill Orenges at an eaſie price. About Alhollantide, or ſoone after, you may buy the inward pulp of Civill Orenges, wherein the juice reſteth, of the Comfit-makers for a ſmall matter, who doe onely and principally reſpect their rindes to preſerve and make Oringeadoes withall. This juice you may prepare and reſerve as before.

36. *How to purifie and give an excellent ſmell and taſte unto Sallet oyle.*

PUt Sallet oyle into a veſſell of wood or earth, having a hole in the bottome: to every foure quarts of water adde one quart of oyle, and with a wooden ſpoone or ſpattle, beat them well together for a quar-

ter of an houre, then let out the water, preventing the oyle from iſſuing by ſtopping of the hole: repeat this work two or three times, and at the laſt you ſhall finde your oyle well cleanſed or clarified. In this manner you may alſo clarifie capons greaſe, being firſt melted, and working with warm water: All this is borrowed of M. *Bartholomæus Scapius*, the Maſter Cook of Pope *Pius Quintus* his privie Kitchen. I think, if the laſt agitation were made in Roſe water, wherein alſo Cloves or Nutmegs had been macerated, that ſo the oyle would be yet more pleaſing.

Or if you ſet a jurre-glaſſe in balneo, full of ſweet oyle, and ſome ſtore of bruiſed Cloves, and rindes of Civill Orenges or Limons alſo therein, and ſo continue your fire for two or three houres, and then letting the Cloves and rindes remaine in the oyle till both the ſent and taſte doe pleaſe you: I think many men which at this day doe loath oyle (as

I my

I my ſelfe did not long ſince) would be eaſily drawn to a ſufficient liking thereof.

37. *How to clarifie, without any diſtillation, both white and claret wine vinegar for gellies or ſauces.*

TO every ſix pints of good wine vinegar put the whites of two new laid egges well beaten: then put all into a new leaden pipkin, and cauſe the ſame to boile a little over a gentle fire; then let it run thorow a courſe gelly-bag twice or thrice, and it will be very cleere, and keep good one whole yeere.

38. *To make a moſt delicate white ſalt for the table.*

FIrſt calcine or burne your white ſalt: then diſſolve it in cleer conduit water:

water : let the water ſtand without ſtirring fortie eight hours : then carefully draw away all the cleere water onely : filter it, and after evaporate the filtred liquour, reſerving the ſalt. Some leave out calcination.

39. *A delicate candle for a Ladies Table.*

CAuſe your Dutch candles to be dipped in Virgin-waxe, ſo as their laſt coat may bee meerely wax : and by this meanes you may carry them in your hand without melting, and the ſent of the tallow will not breake thorow to give offence : but if you would have them to reſemble yellow wax candles, then firſt let the tallow be coloured with Turmerick boiled therein, and ſtrained : and after your candles have been dipped therein to a ſufficient greatneſſe, let them take their laſt coat

coat from yellow wax : this may be done in a great round cane of tinplate, having a bottome, and being ſomewhat deeper then the length of your candles : and as your wax ſpendeth : you may ſtill ſupply it with more.

40. *How to hang your Candles in the ayre without candleſtickes.*

THis will make a ſtrange ſhew to the beholders that know not the conceit. It is done in this manner: Let a fine Virginall wyar be conveyed in the midſt of every wieke, and left of ſome length above the candle, to faſten the ſame to the poſts in the roofe of your houſe : and if the room be any thing high roofed, it will be hardly diſcerned, and the flame, though it conſume the tallow, yet it will not melt the wyar.

41. *To*

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41. *To make Roſe vinegar.*

MAcerate or ſteep Roſe leaves in faire water, let them lye therein till they wex ſowre in ſmell, and then diſtill the water.

SWEET

SWEET POWDERS, OINTMENTS, BEAUTIES, &c.

1. *An excellent Damask powder.*

YOu may take of yroes halfe a pound, Roſe leaves foure ounces, Cloves one ounce, Lignum Rhodium two ounces, Storax one ounce and a half, Musk and Civet, of each ten grains; beat and incorporate them well together.

2. *An excellent hand-water, or waſhing water, very cheap.*

TAke a gallon of faire water, one handfull of Lavender flowers, a few Cloves, and ſome Orace powder,

powder, and foure ounces of Benjamin: distill the water in an ordinary leaden Still. You may distill a second water by a new infusion of water upon the lees: a little of this will sweeten a bason of faire water for your table.

3. *A ball to take staines from Linnen.*

TAke foure ounces of white hard soape, beat it in a mortar with two small Limons sliced, and as much roch Allome as an hasell Nut, roule it up in a ball; rub the staine therewith; and after fetch it out with warme water, if need be.

4. *A sweet and delicate Pomander.*

TAke two ounces of Labdanum; of Benjamin and Storax, one ounce: Muske, six grains; Civet, six grains:

grains : Amber greese , six grains : of Calamus, Aromaticus, and Lignum Aloes, of each the weight of a groat : beat all these in a hot mortar, and with an hot pestell, till they come to paste : then wet your hand with rose water, and roul up the paste suddenly.

5. *To take staines out of ones hands presently.*

YOu may doe this with the juyce of Sorrell, washing the stained place therein.

6. *To take away spots and freckles from the face or hands.*

THe sappe that issueth out of a Birch tree in great abundance, being opened in March or April, with a receiver of glasse set under the boring thereof to receive the same, doth performe the same most excel-

excellently, and maketh the skinne very cleere. This ſap will diſſolve pearle; a ſecret not knowne unto many.

7. *A white fucus or beauty for the face.*

THe jaw bones of an hog or Sow well burnt, beaten, and ſearced thorow a fine Searce, and after, ground upon a porphyrie or ſerpentine ſtone, is an excellent fucus, being laid on with the oyle of white Poppy.

8. *A delicate waſhing ball.*

TAke three ounces of Orace, half an ounce of Cypreſſe, two ounces of Calamus Aromaticus, one ounce of Roſe leaves, two ounces of Lavender flowers: beat all theſe together in a mortar, ſearcing them thorow a fine Searce: then ſcrape ſome caſtill-

caſtill-ſoape, and diſſolve it with ſome Roſe water; then incorporate all your powders therewith, by labouring them well in a mortar.

9. *Damaske powder.*

TAke five ounces of Orace, two ounces of Cypreſſe, two ounces of Calamus, half an ounce of Cloves, one ounce of Benjamin, one ounce of Roſe leaves, one ounce or Storax calamitum, half an ounce of Spike flowers; mix them well together.

10. *To keep the teeth both white and ſound.*

OF honey take a quart, as much vinegar, and halfe ſo much white wine: boyle them together, and waſh your teeth therewith now and then.

11. *To*

11. *To allay heat, and cleer the face.*

TAke three pints of conduit water, boyle therein two ounces of French barley; change your water, and put in the barley again: repeat this so long, till your water purchase no colour from the barley, but become very cleere: boyle the last three pints to a quart; then mixe halfe a pint of white wine therein; and when it is cold, wring the juice of two or three good Limons therein; and use the same for the morphew, heat of the face or hands, and to cleer the skin.

12. *The skin of a child kept white and cleere.*

WAsh the face and bodie of a sucking childe with brest-milke, or Cow-milke mixed with water,

water every night, and the childs skin will wex faire and cleere, and resist Sun-burning.

13. *An excellent Pomatum to cleer the skinne.*

WAsh Barrowes grease oftentimes in May dew that hath been clarified in the Sun till it be exceeding white: then take marshmallow rootes, scraping off the outsides: then make thinne slices of them, and mixe them; set them to macerate in a seething Balneo, and scum it well till it be thorowly clarified, and will come to rope: then strain it, and put now and then a spoonefull of May dew therein, beating it till it be thorow cold in often change of May dew: then throw away that dew, and put it in a glasse, covering it with May dew: and so reserve it to your use. Let the mallow roots be two or three dayes dryed

dryed in the ſhade before you uſe them. This I had of a great profeſſour of Art, and for a rare and dainty ſecret, as the beſt fucus this day in uſe.

14. *Another minerall fucus for the face.*

INcorporate with a wooden peſtle, and in a wooden mortar with great labour, foure ounces of ſublimate, and one ounce of crude Mercury, at the leaſt ſix or eight houres, (you cannot beſtow too much labour herein:) then, with often change of cold water, by ablution in a glaſſe, take away the ſalts from the ſublimate; change your water twice every day at the leaſt; and in ſeven or eight dayes (the more the better) it will be dulcified; and then it is prepared. Lay it on with the oyle of white Poppy.

15. *To take away Chilblains out of the hands or feet.*

BOyle halfe a peck of oats in a quart of water till they wax dry; then, having first anointed your hands with some good Pomatum, and well chafed them, hold them within the oates as hot as you may well suffer them, covering the bowle wherein you put your hands, with a double cloth to keep in the steame of the oats. Doe this three or four times, and you shall finde the effect. The same oats will serve to be sodden with fresh water three or four times.

16. *To help a face that is red with pimples.*

DIssolve common salt in the juice of Limons, and with a linnen

linnen cloth pat the patients face that is full of heat or pimples. It cureth in a few dreſſings.

17. *Aliter.*

TAke of thoſe little whelks or ſhels which ſome do call ginny money; waſh five or ſix of them, and beat them to fine powder, and infuſe the juyce of Limons upon them, and it will preſently boyle: but if it offer to boyle out of your glaſſe, then ſtop the mouth thereof with your finger, or blow into it. This will in a ſhort time bee like an ointment, with which you muſt anoint the heat of pimples on the face oftentimes in a day, till you finde help. As the ointment dryeth, put more juice of Limons to it. This of an outlandiſh Gentle-woman; and it is an aſſured remedy, if the heat be not very extreme. Some have found by experience, that bathing

of

of the face with hot vinegar every night when they goe to bed, doth mightily repell the humour.

18. *Aliter.*

QUilt bay ſalt well dryed and powdered in double linnen ſocks of a pretty bigneſſe; let the patient weare them in wide hoſe and ſhooes day and night by the ſpace of fourteen dayes, or till hee be well: every morning and evening let him dry his ſocks by the fire, and put them on again.

This helped M. *Foſter*, an Eſſex man, and an Atturney of the common Pleas within theſe few yeers, but now deceaſed; whoſe face was for many yeares together of an exceeding high and furious colour, of my owne knowledge, and hath ſpent much money in phyſick without any ſucceſſe at all, untill hee obtained

this remedy. The patient muſt not take any wet of his feet during the cure.

19. *Aliter & optimè.*

TAke halfe a pound of white diſtilled vinegar, two new-laid egges with their ſhels, two ſpoonfuls of the flowers of brimſtone: let theſe macerate in the vinegar by the ſpace of three dayes: then take out the egges, and prick them full of holes with a needle, but not too deep, leſt any of the yolke ſhould happen alſo to iſſue: let that liquor alſo mixe with the vinegar, then ſtraine all thorow a fine cloth, and tie up the brimſtone in a cloth, like a little ball; dip this ball in the ſtrained liquor when you uſe it, and pat it on the place three or foure times every day: and this will cure any red face in twelve or fourteene dayes.

dayes. Some doe alſo commend the ſame for an approved remedy againſt the Morphew. The brimſtone ball muſt be kept in ſome cloſe thing from the ayre.

20. *How to take away any pimple from the face.*

BRimſtone ground with the oyle of Turpentine, and applied unto any pimple one houre, maketh the fleſh to riſe ſpongious: which being anointed with the thick oyle of Butter that ariſeth in the morning from new milke ſodden a little over night, will heale and ſcale away in a few dayes, leaving a faire skin behinde. This is a good skinning ſalve.

21 *To help any morphew, Sun-burning, itch, or red face.*

STeep two ſliced Limons, being large and faire, in a pint of conduit water: leave them foure or five dayes in infuſion, covering the water; then ſtrain the water, and diſſolve therein the quantity of a haſell nut of ſublimate (ſome hold a dram a good proportion to a pint of water) finely powdered: let the patient wet a cloth therein, and rub the place where the grief is every morning and evening a little, till the hiew doth pleaſe her. You may make the ſame ſtronger or weaker, according to good diſcretion.

22. *For the Morphew.*

TAke a pint of diſtilled vinegar, lay therein two new laid egges whole

whole with their shels, three yellow dock roots picked and sliced, two spoonfuls of the flower of brimstone, and so let all rest three dayes: and then use this liquor, with a cloth rubbing the place three or four times every day; and in three or four dayes it commonly helpeth: put some bran in your cloth before you moisten your cloth therein, binding it up in form of a little ball.

This of Master *Rich* of *Lee*, who helped himselfe and a gallant Ladie therewith in a few dayes.

23. *To take away the freckles in the face.*

WAsh your face in the wane of the Moone with a sponge morning and evening with the distilled water of Elder leaves, letting the same dry into the skin. Your water must be distilled in May. This

from a Traveller, who hath cured himselfe thereby.

24. *To cure any extreme bruise upon a sore fall on the face, or any other member of the body.*

PResently after the fall, make a great fire, and apply hot clothes one after another, without intermission, the patient standing neere the fire for one houre and a halfe, or till the swelling be cleane abated. This I knew proved with good successe in a maid that fell downe a pair of staires, whereby all her face was extremely disfigured. Some hold opinion, that the same may be performed with clothes wet in hot water, and then wrung out againe before application. Then, to take away the changeable colours which doe accustomably follow all bruises, shred the root of a green or growing flower-

flower-deluce: beat it with red Roſe water, and grinde it till it come to a ſalve: apply the ſame, and in few houres it takes away all the colours: but if it lie too long, it will raiſe pimples; and therefore ſo ſoon as the colours be vaniſhed, immediately remove the ſalve.

25. *How to keepe the teeth clean.*

CAlcine the tops and branches of Roſemary into aſhes, then to one part thereof put one part of burnt Allome: mix them well together, and with thy finger, firſt moiſtened a little with thy ſpittle, rub all thy teeth over a pretty while every morning till they bee cleane, but not to galling of thy gummes: then ſup up ſome faire water or white wine, gargling the ſame up and downe thy mouth a

while, and then dry thy mouth with a towell. This of an honeſt Gentleman, and a painfu'l gatherer of phyſicall receits.

26. *Sweet and delicate dentifrices, or rubbers for the teeth.*

DIſſolve in foure ounces of warm water three or foure drams of gumme dragagant, and in one night this will become a thick ſubſtance like gelly; mingle the ſame with the powder of Alablaſter finely ground and ſearced: then make up this ſubſtance into little round roules, of the bigneſſe of a childes arrow, and foure or five inches in length. Alſo if you temper Roſet, or ſome other colour (that is not hurtfull) with them, they will ſhew full of pleaſing veines. Theſe you may ſweeten either with Roſe water, Civet, or Muske. But if your teeth be

be very ſcaly, let ſome expert Barber firſt take off the ſcales with his inſtrument, and then you may keepe them clean by rubbing them with the aforeſaid roules.

And here, by thoſe miſerable experiences that I have ſeene in ſome of my neereſt friends, I am enforced to admoniſh all Gentle-women to be carefull how they ſuffer their teeth to be cleanſed and made white with any *Aqua fortis*, which is the Barbers uſuall water: for unleſſe the ſame be both well allayed, and carefully applyed, ſhee may happen within a few dreſſings to be forced to borrow a rank of teeth to eat her dinner, unleſſe her gums doe help her the better.

27. *A delicate Stove to ſweat in.*

I know that many Gentle-women, as well for the cleering of their

skins, as cleanſing of their bodies, doe now and then delight to ſweat. For the which purpoſe, I have ſet downe this manner following, as the beſt that ever I obſerved: Put into a braſſe pot of ſome good content, ſuch proportion of ſweet herbs, and of ſuch kinde as ſhall bee moſt appropriate for your infirmitie, with ſome reaſonable quantitie of water, cloſe the ſame with an apt cover, and well luted with ſome paſte made of flower and whites of egges: at ſome part of the cover you muſt let in a leaden pipe (the entrance whereof muſt alſo bee well luted:) this pipe muſt be conveyed thorow the ſide of the chimney, where the pot ſtandeth in a thick hollow ſtake of a bathing tub croſſed with hoopes in the top, according to the uſuall manner, which you may cover with a ſheet at your pleaſure. Now, the ſteame of the pot paſſing thorow the pipe under the halfe bottome of the bathing tub, which muſt be bored full

full of bigge holes, will breathe ſo ſweet and warm a vapour upon your body, as that (receiving aire, by holding your head without the tub as you ſit therein) you ſhall ſweat moſt temperately, and continue the ſame a long time without fainting. And this is performed with a ſmall charcole fire maintained under the pot for this purpoſe. Note, that the roome would be cloſe wherein you place your bathing tub, leſt any ſudden cold ſhould happen to offend you whileſt your body is made open and porous to the ayre.

28. *Divers ſorts of ſweet hand-waters; made ſuddenly, or ex tempore, with extracted oyles of ſpices.*

FIrſt, you ſhall underſtand, that whereſoever you ſhall draw any of

of the aforesaid oyles of Cinamon, Cloves, Mace, Nutmegs, or such like, that you shall have also a pottle or gallon, more or lesse, according to the quantity which you draw at once, of excellent sweet washing water for your table: yea, some doe keep the same for their broths, wherein otherwise they should use some of the same kinde of spice.

But if you take three or foure drops onely of the oyle of Cloves, Mace, or Nutmegs, (for Cinamon oyle is too costly to spend this way) and mingle the same with a pint of faire water, making agitation of them a pretty while together in a glasse having a narrow mouth, till they have in some measure incorporated themselves together, you shall finde a very pleasing and delightfull water to wash with, and so you may alwayes furnish your selfe of sweet water of severall kinds, before such time as your guests shall be ready to sit down. I speak not here of the oyle

oyle of Spike, (which will extend very farre this way) both becauſe every Gentle-woman doth not like ſo ſtrong a ſent, and for that the ſame is elſewhere already commended by another Authour. Yet I muſt needs acknowledge it to be the cheaper way, for that I aſſure my ſelf, there may be five or ſix gallons of ſweet water made with one ounce of the oyle, which you may buy ordinarily for a groat at the moſt.

29. *An excellent ſweet water for a caſting bottle.*

TAke three drams of the oyle of Spike, one dram of oyle of Thyme, one dram of oyl of Limons, one dram of oyle of Cloves, then take one graine of Civet, and three grains of the aforeſaid compoſition well wrought together: temper them well in a ſilver ſpoone with your finger; then put the ſame into a ſilver

ſilver bowle, waſhing it out by little and little into the bowle with a little Roſe water at once, till all the oyle be waſhed out of the ſpoone into the bowle : and then doe the like by waſhing the ſame out of the bowle with a little Roſe water at once, till all the ſent be gotten out, putting the Roſe water ſtill in a glaſſe, when you have tempered the ſame in a bowle ſufficiently. A pint of Roſe water will be ſufficient to mingle with the ſaid proportion : and if you finde the ſame not ſtrong enough of the Civet, then you may to every pint put one graine and a halfe, or two grains of Civet to the weight of three grains of the aforeſaid compoſition of oyles.

30. *To colour a black haire preſently into a Cheſnut colour.*

THis is done with oyl of Vitriol ; but you muſt do it very carefully, not touching the skin.

31. *A present and delicate perfume.*

LAy two or three drops of liquid Amber upon a glowing coale, or a piece of Lignum Aloes, Lignum Rhodium or Storax.

32. *To renew the sent of a Pomander.*

TAke one graine of Civet, and two of Muske, or if you double the proportion, it will be so much the sweeter: grinde them upon a stone with a little Rose water; and after, wetting your hands with Rose water, you may worke the same in your Pomander. This is a sleight to passe away an old Pomander: but my intention is honest.

33. *How*

33. *How to gather and clarifie May dew.*

WHen there hath fallen no rain the night before, then with a cleane and large ſponge, the next morning you may gather the ſame from ſweet herbs, graſſe, or corn: ſtraine your dew, and expoſe it to the Sun in glaſſes covered with papers or parchment pricked full of holes; ſtraine it often, continuing it in the Sun, and in an hot place till the ſame grow white and cleere, which will require the beſt part of the Summer.

Some commend May dew gathered from fennell and celandine, to be moſt excellent for ſore eyes: and ſome commend the ſame (prepared as before) above Roſe water for preſerving of fruits, flowers, &c.

24. *Divers excellent ſents for Gloves, with their proportions, and other circumſtances: with the manner of perfuming.*

THe Violet, the Orenge, the Limon, duely proportioned with other ſents, performe this well; ſo likewiſe of Labdanum, Storax, Benjamin.

The manner is this: Firſt, lay your Amber upon a few coals till it begin to crack like lime: then let it coole of it ſelfe, taking away the coales; then grinde the ſame with ſome yellow Ocre, till you perceive a right colour for a glove: with this mixture waſh over your glove with a little haire bruſh upon a ſmooth ſtone in every ſeame, and all over: then hang your gloves to dry upon a line: then with gum Dragagant diſſolved in ſome Roſe water, and ground with a little oyl *de Ben*, or of ſweet

ſweet Almonds upon a ſtone: ſtrike over your gloves in every place with the gum and oyle ſo ground together: doe this with a little ſponge, but be ſure the gloves be firſt thorowly dry, and the colour well rubbed and beaten out of the glove: then let them hang again till they be dry, which will be in ſhort time. Then if you will have your glove to lie ſmooth and fair in ſhew, goe over it againe with your ſponge, and the mixture of gumme and oyle, and dry the glove yet once againe. Then grinde upon your ſtone two or three graines of good Muske, with halfe a ſpoonfull of Roſe water, and with a very little piece of a ſponge take up the compoſition by a little and a little; and ſo lay it upon your glove lying upon the ſtone. Pick and ſtrain your gum Dragagant before you uſe it. Perfume but the one ſide of your glove at once, and then hang it up to dry, and then finiſh the other ſide. Ten grains of Musk will give

give a ſufficient perfume to eight paire of gloves. Note alſo, that this perfume is done upon a thin Lambs leather glove; and if you work upon a Kids skin, or Goats skin, which is uſuall leather for rich perfumes, then you muſt add more quantity of the oyle of Ben to your gum, and go over the glove twice therewith.

35. *Sweet bags to lie among Linnen.*

FIll your bags only with Lignum Rhodium finely beaten, and it will give an excellent ſent to your Linnen.

36. *To make haire of a fair yellow or golden colour.*

THe laſt water that is drawne from honey, being of a deep red colour, performeth the ſame excel-

excellently: but the ſame hath a ſtrong ſmell, and therefore muſt bee ſweetned with ſome aromaticall body.

Or elſe the haire being firſt clean waſhed, and then moiſtened a pretty while by a good fire in warme Allome water with a ſponge, you may moiſten the ſame in a decoction of Turmerick, Rubarb, or the bark of the Barbery tree; and ſo it will receive a moſt faire and beautifull colour.

The Dog-berry is alſo an excellent berry to make a golden liquor withall for this purpoſe: beat your Allome to powder, and when the water is ready to ſeethe, diſſolve it therein: four ounces to a pottle of water will be ſufficient: let it boil a while, ſtrain it; and this is your Allome liquor wherewith you muſt firſt prepare the hair.

37. *How to colour the head or beard into a Chesnut colour in halfe an houre.*

TAke one part of Lead calcined with Sulphur, and one part of quick lime; temper them somewhat thin with water: lay it upon the hair, chafing it well in, and let it dry one quarter of an houre, or there about; then wash the same off with fair water divers times; and lastly, with sope and water, and it will be a very naturall haire colour: The longer it lieth upon the hair, the browner it groweth. This coloureth not the flesh at all, and yet it lasteth very long in the haire.

Sæpius expertum.

FINIS.

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